POINT LOCATION

&

POINT DYNAMICS

MANUAL

C & C ROGERS

POINT LOCATION & POINT DYNAMICS MANUAL

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The text and diagrams contained in this manual are specially prepared for students undertaking acupuncture courses in Australia.

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LUNG CHANNEL: *SHOU TAI YIN FEI JING*

LU 1 - *Zhongfu* (Central Palace)

Location

Below the lateral end of the clavicle level with the first intercostal space. Approximately 1.2 cun below LU 2 following the lateral line of the deltopectoral triangle.

WHO Location

On the anterior thoracic region, at the same level as the first intercostal space, lateral to the infraclavicular fossa, 6 cun lateral to the anterior median line.

Needle

3-5 fen (toward lateral aspect of chest). Moxa - 5-10

Features

Mu point. First surface point of Qi circulation through the Jing Luo. Meeting point of Tai Yin.

Connections

Receives internal meridian from SP 21. The deep pathway of the Lung meridian passes through CV 9, CV 12 and CV 13 before reaching LU 1.

Indications

Use to dispel fullness in the chest. Cough, asthma, pain in the chest.

Point Dynamics

As the first point of the Jing Luo system, Lu 1 is able to draw Zhen Qi from the Lungs, where it is processed, to the surface of the body and to activate its distribution.

The ability of the point to mobilise and circulate Qi is increased because of the connections of the internal path of the Lung channel with points on Ren Mai which relate to the Stomach (Middle Stomach - separation of Gu Qi, and Upper Stomach - ascent of Gu Qi to the Spleen and Lungs) and to the fluid balance within the Jing Luo. Thus the point will take fullness from the chest, adjust the movement of Gu Qi to the Lungs and adjust the fluid within the Lungs.

Disharmony within the Lungs which inhibits their function (of the circulation and descent of Qi and Upper Heater fluid) will cause blockage and pain at LU 1.

LU 1 also receives an internal branch from SP 21 (the Great Luo of Spleen) with its influence over the surface areas of the chest and sides and its connection will all the Luo Mai. LU 1 will therefore adjust the balance of Qi throughout the Luo Mai as well as the channels. It will clear blockages in the external (Luo Mai channels) as well as the internal (internal pathway and Zang) areas of the chest.

LU 1 is the Meeting Point of Tai Yin and therefore it will harmonise the energy of the Spleen and Lung on a Six Divisional basis. In some of the older texts LU 1 is suggested for the treatment of 'tumour and nodular growths on the neck'. This may be a reference to enlarged lymph glands and involve the balance of Qi between Lung and Spleen (and their ability to clear blockages) in the area of the neck and chest.

LU 2 - *Yunmen* (Cloud Door)

Location

When the hand is placed on the hip a concavity appears below the lateral end of the clavicle; this is the deltopectoral triangle - the point is located in the lateral and superior aspect of this depression. The sub-clavicular artery can be felt below the point.

WHO Location

On the anterior thoracic region, in the depression of the infraclavicular fossa, medial to the coracoid process of the scapula, 6 cun lateral to the anterior median line.

Needle

3-5 fen (oblique). Moxa - 5-10

Connections

Large Intestine (Divergent meridian).

LU 3 - *Tianfu* (Celestial Palace)

Location

On the lateral side of the m. biceps brachii, on the upper arm, 6 cun above Lu 5 and 3 cun below the anterior axillary fold.

Alternative location - Wu Wei Ping: At the same level but on the median line of the biceps.

Needle

4-6 fen (perpendicular). Moxa - FORBIDDEN

Features

Window of the Sky point.

Indications

Asthma, epistaxis.

Point Dynamics

The name of this point may be translated as Celestial Palace or Heavenly Mansion and it is a Window of the Sky Point. It relates to the balance of energy between Heaven and Earth or between the head and the body (the spiritual and physical). Window of the Sky points are generally indicated for emotional and psychological disorders in which the head feels 'disconnected' from the body. They relate to the function of the Spiritual Resource of the organ and its related emotion - in this instance 'sadness'. Due to the blockage in the channel the emotion of sadness cannot be expressed (an inability to cry or to 'let-go') causing psychological disturbances.

If grief is prolonged and causes confusion, loss of memory, depression, vertigo and a reluctance to communicate and there are also warning signs that the Lung's Ke cycle control of Liver is diminishing because of symptoms such as a 'plum-stone' throat, then the clearing and 're-connecting' functions of the Window of the Sky point will help to disperse harmful emotions.

The balancing action of LU 3 is reinforced by the connection of the Large Intestine Divergent Channel with LU 2, the point immediately before it on the channel. In many cases Upper Meeting points of Divergent channels are also Window of the Sky Points.

LU 4 - *Xiabai* (White of the Biceps)

Location

Anterior and lateral to the humerus, on the radial side of the m. biceps brachii, 5 cun above LU 5 and 1 cun below LU 3.

Alternative location - Wu Wei Ping: At the same level but on the median line of the biceps.

Needle

3-5 fen (perpendicular). Moxa - 5

Indications

Fullness in the chest, cough.

LU 5 - *Chize* (Foot Marsh)

Location

On the crease of the internal elbow, lateral to the tendons of the biceps brachii. Locate with arm bent.

Needle

3-5 fen (perpendicular). Moxa - 3-5

Features

Water and He point. Controls rebellious Qi in the Lungs and brings down ascending pathogenic energy. Eliminates Cold from the Lung and disperses Heat. Sedate for Cold Lung and tonify for Heat in the Lung.

Indications

Soothes asthma, sore throat, and haemoptysis.

Point Dynamics

This point is indicated for long term unproductive cough because, being a He point, it directs Qi into the Lung organ. This increases the Lung's function of circulating Qi and fluids (via the Sheng cycle - Lung energy to the Kidneys) thus controlling rebellious Lung Qi and bringing pathogenic energy down from the head to be dispersed.

The points on the extremities are relatively more Yang and therefore have a greater ability to circulate Qi between the channels. The Yang activity of the Qi is increasing as it travels toward the fingers, while this point is characterised by its nourishing Yin (Water) quality. Because of this, the point characteristics have the dual action of introducing both Yang activity to move Cold obstructions and Yin nourishing Qi to strengthen and cool, therefore dispersing both Cold and Heat from the organ - with or without the added needle technique of reduction or stimulation.

By increasing Lung Qi circulation, this point will promote Kidney function (Sheng cycle) and feed the Liver Yin (Ke cycle) to regulate the Wood's free flow of Qi, especially the Wei Qi.

Although the Lung energy in the Upper heater is seen to have a Yin nature overall, it is Yang in relation to the energy of the Lower Heater. In this context when the communication between the Upper and Lower Heaters (that is the Lung and Kidneys) is strengthened, the energy descending to the Lower Heater provides the Yang quality of movement to increase the circulation of Qi and fluids from the Kidneys. This will

bring about a cooling effect due to the increased feeding of the Liver Yin and Heart Yin.

LU 6 - *Kongzui* (Supreme Hole)

Location

On the anterio-lateral aspect of the forearm, 7 cun above the wrist flexure and 5 cun below LU 5. Located on the brachioradialis muscle on a line connecting LU 5 to LU 9.

Needle

5 fen (perpendicular). Moxa - 5

Features

Xi-Cleft point. Regulates Lung Qi and makes it descend. Stops bleeding and eliminates Heat.

Indications

Use for acute conditions and pain in the Lungs.

Point Dynamics

Xi-Cleft points are said to store a reserve of accumulated Qi which can be mobilised to clear obstructions from the channel and therefore assist the prime functions of the Zang; in this instance to 'Rule Qi' (by circulating Zhen Qi and causing moisture to condense and descend - to the Kidneys). Because the Lungs are active in the 'production' of Zhen Qi any deficiency of their function impinges on the whole Jing Luo.

Xi-Cleft points, as an immediately available source of emergency Qi, are used in acute conditions such as, in this instance, Heat in the Lungs with blood. The Metal energy, moving on the Sheng cycle toward Water is contracting and becoming more Yin in nature. These characteristics are reinforced by the clearing and activating action of the Xi-Cleft point.

LU 7 - *Lieque* (Broken Sequence)

Location

On the lateral side of the wrist, 1.5 cun above the wrist fold. Superior to the styloid process of the radius between the tendons of the abductor pollicis longus and the extensor pollicis brevis. When the index fingers and thumbs of both hands are crossed, the point is in the depression under the tip of the index finger (see diagram).

Alternative location - Wu Wei Ping: 2 cun above wrist fold in the radial gutter.

Needle

2-3 fen (perpendicular or oblique). Moxa - 3-5

Features

Luo point. Master point of Ren Mai. Coupled point of Yin Qiao Mai. Strengthens the dispersing function of the Lungs. Use to expel Wind-Cold. Removes obstructions and invigorates the circulation through the Jing Luo.

Connections

Transverse Luo connects to LI 4 and LI 1.

Indications

Use with KI 6 to tonify Yin and activate the descending function of the Lung. Sore throat, asthma and cough.

Point Dynamics

As a Luo point it will balance the energy between the Lung and the Large Intestine through the Transverse connections to LI 4 and LI 1. It will therefore draw perverse energy from Tai Yin into the Yang Divisional levels and so will disperse Wind-Cold attacks. Also, because of its Longitudinal Luo Mai, the point will control Heat and sweating on the palms of the hands.

As the Master Point of Ren Mai and the Coupled Point of Yin Qiao Mai, LU 7 provides an influence on the Upper Heater (asthma and bronchitis), Middle Heater (digestion) and Lower Heater (reproductive organs) as well as the movement and balance of Yin Qi in the head. Ren and Yin Qiao also establish the cycle of Lung/Kidney fluid/energy balance - Ren Mai directing fluids from the Lungs to the Kidneys, while Yin Qiao directs Yang Kidney Qi to the Lungs to provide the energy for inhalation.

LU 8 - *Jingqu* (Meridian Gutter)

Location

1 cun superior to the wrist fold above the radial artery.

WHO Location

On the anteriolateral aspect of the forearm, between the radial styloid process and the radial artery, 1 cun superior to the palmar wrist crease.

Needle

2-3 fen (perpendicular or oblique). Moxa - FORBIDDEN

Features

Metal and Jing point.

Indications

Sore throat, cough, fullness in the chest, asthma.

Point Dynamics

As a Jing point, LU 8 distributes Qi into the surrounding tissues, making it useful as a local point for disorders of the wrist and hand.

Being the Horary point of the channel means that it increases the activity of Metal (contracting and drying) and the activity of the Zang (circulating Qi and regulating the distribution and descent of fluids). Horary points assist in clearing the channels and the organ to regulate the flow of Qi through the organ on the 24 hour cycle. This point should be considered therefore for patients whose sleep is disturbed between 3.00 and 5.00 am. This may be due to a disorder of the Lung or of the Liver Qi which moves into the Lung on the Horary Cycle at 3.00 am. Patients who waken at this time will usually feel the need to urinate because the Bladder, on the opposite side of the Horary Cycle, is at its lowest level of available Qi at this hour of the morning. LU 8 will assist the Lung to re-establish Ke cycle control of the Liver.

LU 9 - *Taiyuan* (Supreme Abyss)

Location
Above the radial artery on the wrist flexure between the radius and scaphoid.

Needle
2 fen (perpendicular). Moxa - 3

Features
Earth, Yuan and Shu point. Special meeting point of the Pulse (arteries and veins). Regulates and strengthens the Lung and its function. Removes Phlegm and Mucus, preventing their formation. Eliminates Wind.

Connections
Receives Transverse Luo from LI 6.

Indications
Use for chronic (Yin) disorders of the Lung. Palpitations, asthma, cough, sore throat, epistaxis, migraine.

Point Dynamics
LU 9, as the Earth/Yuan point regulates and strengthens Tai Yin via the Sheng cycle. Through the action of Earth Qi (drawn from the Spleen) and Yuan Qi circulated to the Lungs, it regulates respiration, transforms Gu Qi to Zhen Qi and facilitates the circulation and descent of Qi and fluids. Qi leads the Blood and as the 'Meeting Point of the Pulse' (arteries and veins), LU 9, by clearing Upper Heater blockages, regulates the Pericardium/Heart control of Blood circulation. The Ke cycle control exerted on the Liver also regulates the Pulse by reinforcing the free flowing of Qi and Blood.

LU 9 assists in regulating the Yin/Yang balance within Metal by receiving the Transverse Luo Mai connection from LI 6.

Many indications for the use of LU 9 are for disorders of Liver, such as paralysis, migraine and bleeding from the nose (the nostrils are controlled by Lung but Blood is kept in the vessels of the head by the Liver). In such instances, Metal's 'Yin Contraction' is not exercising proper control of Wood's 'Yang Expansion' on the Ke cycle and is allowing Liver Yang to rise and lose control of the Blood in the head. The Lung under these conditions may also be failing to feed Water sufficiently to ensure sufficient Kidney Yin to nourish the Liver. In such instances LU 9 will restore the Sheng cycle and regulate the distribution of Qi and (because it is led by Qi) the Blood. All Yuan points of the Yin channels regulate the related emotions because they take energy into and nourish the Zang.

This point is useful for skin conditions as it will help to supply the skin with Wei Qi and fluids through its action on the Liver and Kidneys.

LU 10 - *Yuji* (Fish Regions)

Location
On the palmar surface slightly proximal to the middle of the 1st metacarpal bone (medial side) on the thenar eminence.

Alternative location - Wu Wei Ping: "Extremity of the thenar eminence behind the head of the 1st metacarpal" - this would locate the point on the lateral side of the bone.

WHO Location
On the palm, radial to the midpoint of the first metacarpal bone, at the border between red and white flesh.

Needle
3-5 fen (perpendicular). Moxa - FORBIDDEN

Features
Fire and Yong point. Sedate to eliminate Heat from the Lung.

Indications
Eases inflammation of the throat.

Point Dynamics
Lu 10, as the Yong point, gives movement to the Qi within the channel. As the Fire point it may be used to reduce Heat in the organ and channel; especially Heat which rises to the head.

LU 11 - *Shaoshang* (Young Merchant)

Location
On the lateral side of the thumb, 1 fen lateral and superior to the angle at the base of the nail.
Alternative location - Wu Wei Ping: On the opposite side of the nail (index finger side) similar position (see diagram).

Needle
1 fen (oblique toward wrist) or bleed.
Moxa - FORBIDDEN

Features
Wood and Cheng point. Point to activate Muscle/Tendino and Divergent meridians. Promotes circulation of Lung Qi. Cools the Lungs. Bleed to eliminate Wind-Heat.

Connections
Receives Transverse Luo from LI 6.

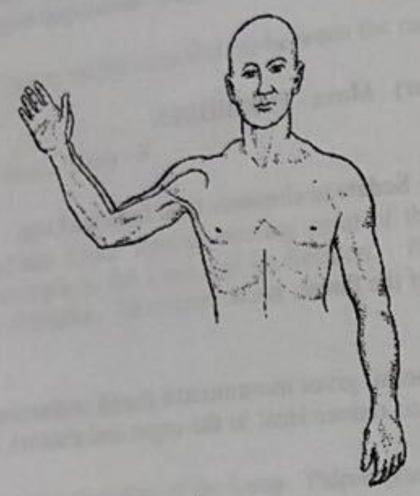
Indications
Special point for throat and tonsils.

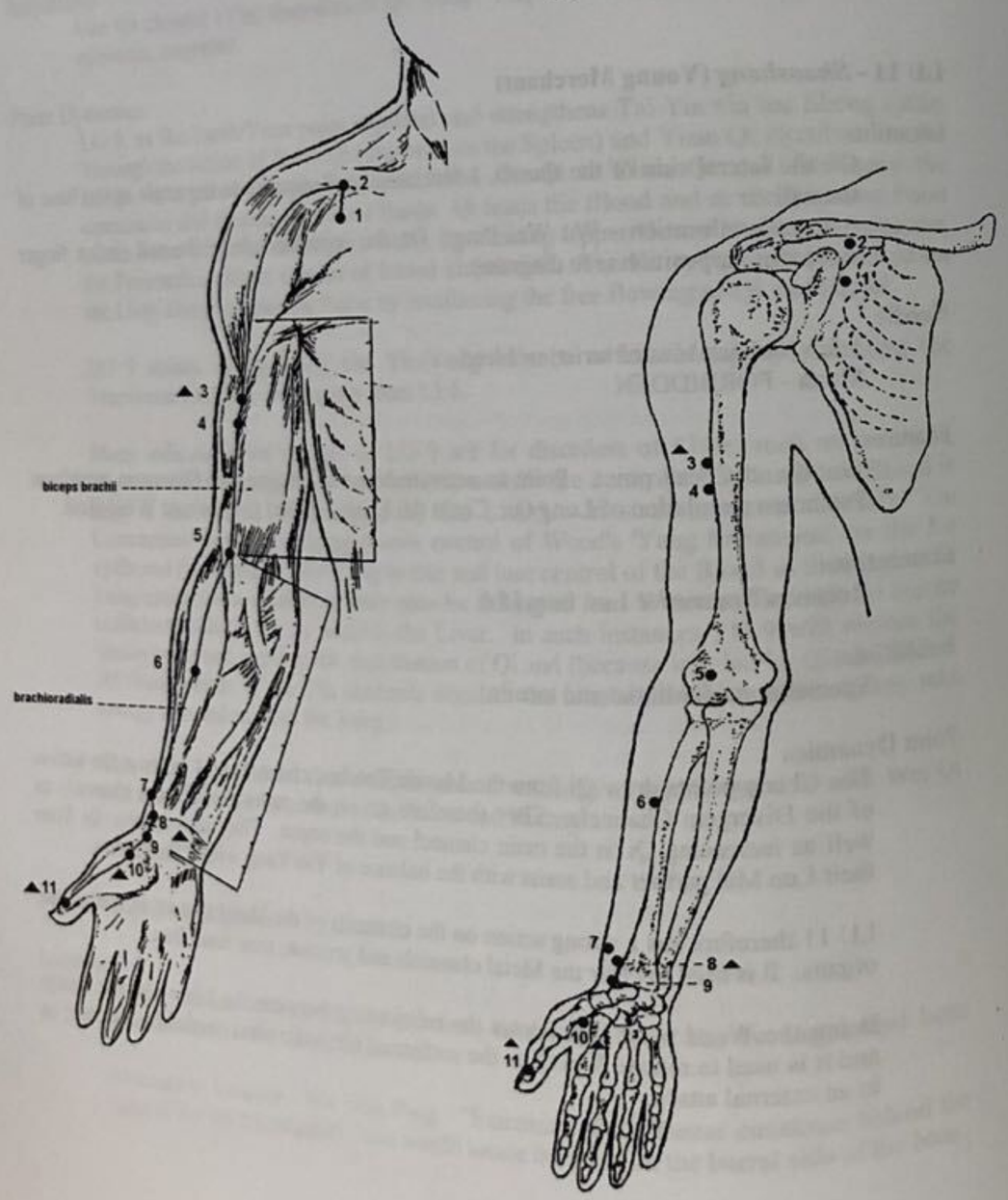
Point Dynamics
The Cheng points draw Qi from the Muscle/Tendino channels and increase the action of the Divergent Channels. They therefore act on the pathways of these channels as well as increasing Qi in the main channel and the organ. They also receive Qi from their Luo Mai partner and assist with the balance of Yin/Yang within the system.

LU 11 therefore has a strong action on the channels of the Metal system as well as the organs. It is used to clear the Metal channels and promote their functions.

Being the Wood point it promotes the relationship between the Liver and the Lungs and it is used to release Wei Qi to the surface of the body when needed for defence; as in an external attack.

LUNG SURFACE CHANNEL





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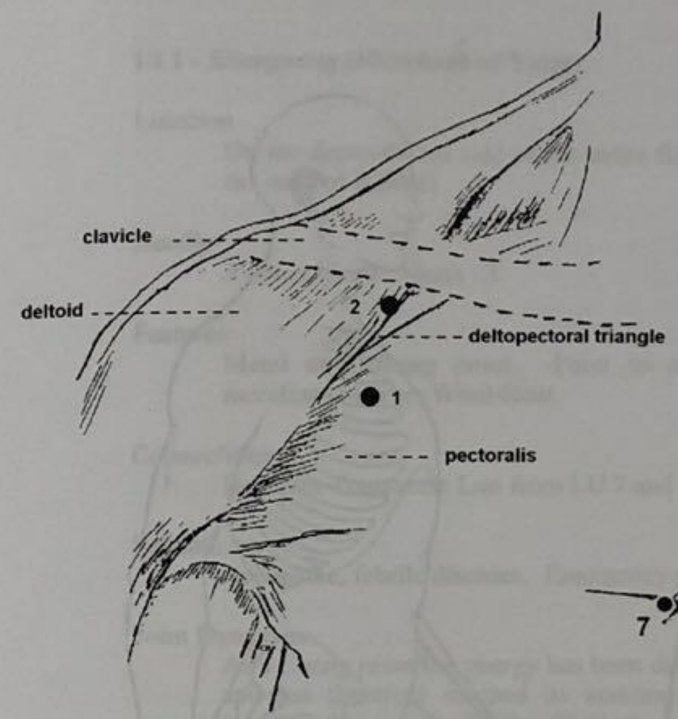
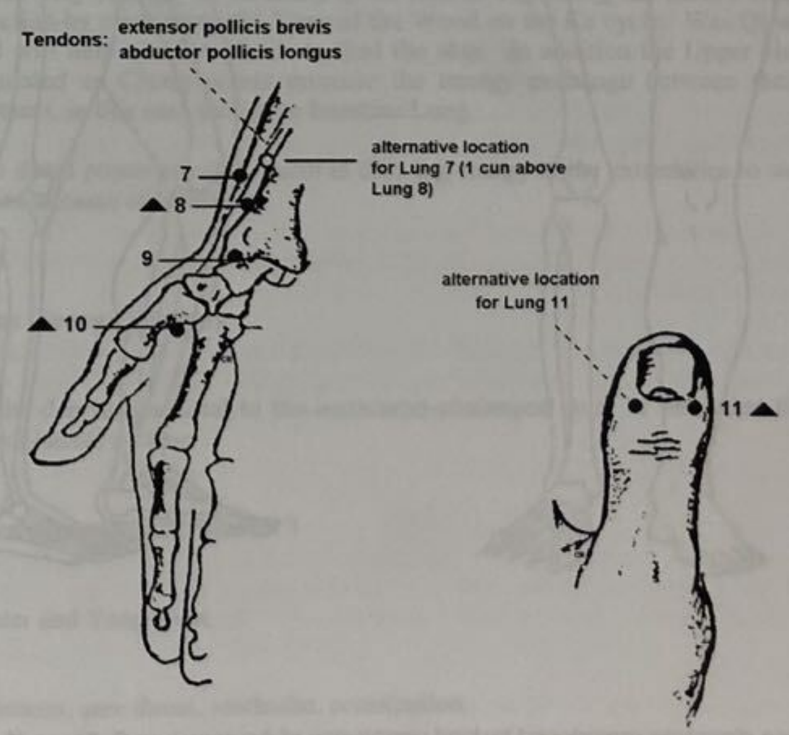
LUNG





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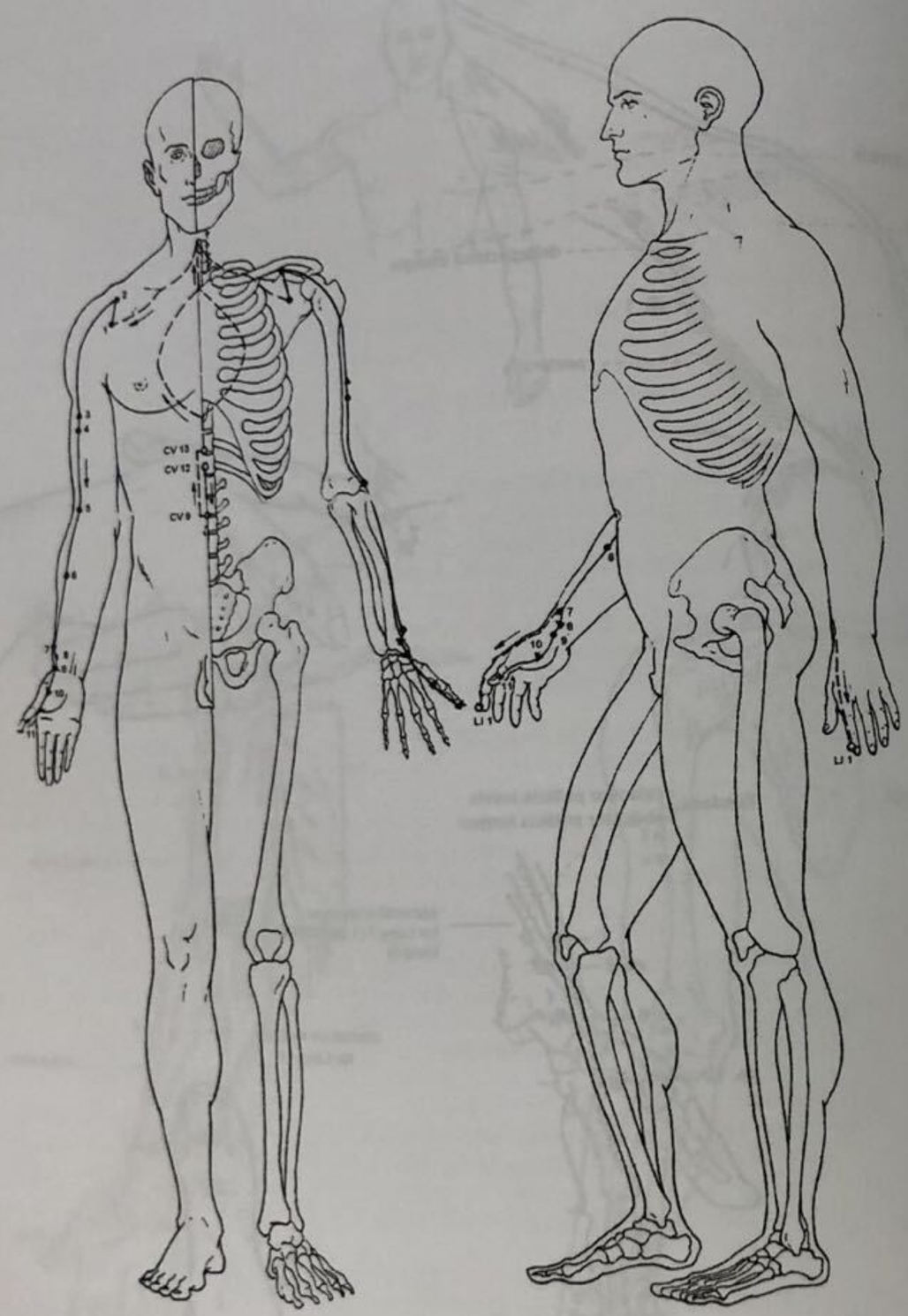
THE INTERNAL PATHWAY OF THE LUNG CHANNEL



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LARGE INTESTINE CHANNEL: *SHOU YANG MING DA CHANG JING*

LI 1 - *Shangyang* (Merchant of Yang)

Location

On the dorso-lateral side of the index finger, 1 fen lateral and superior to the angle at the base of the nail.

Needle

1 fen or bleed. Moxa - 3

Features

Metal and Cheng point. Point to activate the Muscle/Tendino and Divergent meridians. Clears Wind-Heat.

Connections

Receives Transverse Luo from LU 7 and connecting internal pathway from LU 11.

Indications

Toothache, febrile diseases. Emergency point for coma (bleed all Cheng points).

Point Dynamics

As a Cheng point the energy has been drawn to the external layers as much as possible and has therefore reached its maximum Yang potential. This point will greatly increase the activity of the Qi in the channel and as the Large Intestine meridian encircles the face it can be used for such things as clearing the energy through the jaw in cases such as toothache.

LI 1, being an Horary point and connecting to the Lung channel will promote the Metal very strongly to circulate Qi as well as regulating the Liver's free flow of Qi function by controlling the Yang of the Wood on the Ke cycle. Wei Qi will be raised and will help circulate fluids to feed the skin. In addition the Upper Heater will be regulated as Cheng points promote the energy exchange between their Yin/Yang partners, in this case the Large Intestine/Lung.

The distal points are also useful in drawing energy to the extremities to strengthen the limbs in cases of weakness.

LI 2 - *Erjian* (Second Section)

Location

In the depression distal to the metacarpo-phalangeal joint of the index finger on the dorso-lateral surface.

Needle

3 fen perpendicular. Moxa - 3

Features

Water and Yong point.

Indications

Epistaxis, sore throat, toothache, constipation.

Point dynamics

Being the Water point, the fluid balance within the Large Intestine will be regulated and fluid assimilation to the Kidneys will be promoted - the fluids and nutrients from

the Large Intestine help to make up Blood and fluids to nourish the system. The Kidneys help the Large Intestine maintain a correct environment free of Damp and Heat; hence this point will regulate the Large Intestine by encouraging the Kidney/Large Intestine connection. As a Yong point, LI 2 will regulate the Yin/Yang balance and move energy to nourish the Yang. A good point to move sluggish bowels where there is constipation and Heat through lack of movement.

LI 3 - *Sanjian* (Third Section)

Location
In the depression superior and slightly lateral to the metacarpo-phalangeal joint of the index finger - dorso-lateral to the head of the metacarpal.

Needle
3 fen (perpendicular). Moxa - 3

Features
Wood and Shu point.

Indications
Toothache, sore eyes, sore throat.

Point Dynamics
The nature of Wood is expanding in contrast to the contracting nature of Metal, hence Wood has a relatively Yang quality, Metal a relatively Yin quality. In this context LI 3, being the Wood point and promoting the distribution of energy from Metal to Wood will have the effect of making the Large Intestine more Yang and the Wood organs more Yin. Because this point acts to regulate the Liver (which expands into the eyes) as well as the Large Intestine (channel travels to the eyes) it is used for problems relating to the eyes.

LI 4 - *Hegu* (Joining of the Valleys)

Location
On the dorsum of the hand in the middle of the 2nd metacarpal on the lateral side (thumb side). At the highest point of the muscle when the thumb and index finger are held close together.

Alternative location - Wu Wei Ping and Van Buren: In the depression between the proximal heads of the 1st and 2nd metacarpals, slightly closer to the 2nd metacarpal.

Needle
5 fen perpendicular. Moxa - 5-7

Features
Yuan point. Special point for Wind-Heat. Eliminates Wind-Heat and Wind-Cold. Relieves external symptoms. Activates the dispersing function of the Lung. Stimulates intestinal function. Major point for all problems of the head and face.

Connections
Receives Transverse Luo from LU 7.

Indications
Use for lower jaw problems with ST 6. Headache, epistaxis, sore throat, toothache, pain in the arm, facial palsy, constipation, sinusitis.

Point Dynamics
This point will circulate Yuan Qi to strengthen the functions of the Large Intestine organ and channel system, resulting in; the promotion of fluid and Qi assimilation and its transfer to the Kidneys, thus aiding Blood production (Yin aspect) and Wei Qi production (Yang aspect); increased function within the Lung via the Transverse Luo - aids descending of Lung Qi to feed the Kidneys and control the Liver; and encourages elimination or 'letting go', both physically and emotionally.

Because LI 4 has the ability to increase control of the Liver and promote the Lung and Kidney functions, it has a strong regulatory action on the Wei Qi. It should be noted that any point which regulates the Kidney functions will also, to some degree, regulate the overall Yin and Yang balance within the system. It is therefore used for treating both Hot and Cold pathologies, (especially Wind-Heat and Wind-Cold), as well as being very good for external conditions generally.

LI 5 - *Yangxi* (Valley of Yang)

Location
In the anatomical snuff box which forms when the thumb is abducted, between the tendons of the extensor pollicis brevis and extensor pollicis longus, and between the radius and scaphoid.

Needle
3 fen (perpendicular). Moxa - 5

Features
Fire and Jing point.

Indications
Sore throat, pain in the wrist, headache.

Point Dynamics
Draws energy down from the Fire to make the Lower Heater more active and increase the movement of fluids, especially if slowed by Cold.

LI 6 - *Pianli* (Inclined Passage)

Location
With the arm in the anatomical position on a straight line connecting LI 5 with LI 11; 3 cun above LI 5 on the posterio-lateral aspect of the arm on the border of the radius.

Needle
3 fen (perpendicular or oblique). Moxa - 5-7

Features
Luo point

Connections
Transverse Luo to LU 9 and LU 11.

Indications
Deafness, epistaxis, tonsillitis.

Point Dynamics

Being the Luo point LI 6 promotes communication between the Lung and Large Intestine and will therefore benefit communication between the Upper and Lower Heaters.

The Metal organs are both concerned with elimination - the Lung with carbon dioxide and the 'letting go' process associated with grief, the Large Intestine with solid wastes and the emotional aspect of holding on to what is good whilst letting go of what is not needed. Because this point will regulate both the Lung and Large Intestine, the body's ability to eliminate will be greatly strengthened.

LI 7 - *Wenliu* (Warm Current)

Location

5 cun above LI 5 on the line connecting LI 5 and LI 11 (see details for LI 6).

Needle

3 fen (perpendicular). Moxa 5-30

Features

Xi-Cleft point.

Indications

Acute pain anywhere along the channel. Borborygmus, abdominal distension, headache.

LI 8 - *Xialian* (Inferior Region)

Location

4 cun below LI 11 on the line connecting LI 5 and LI 11 (see details for LI 6).

Needle

4 fen (perpendicular). Moxa - 6

Indications

Pain in arm, abdominal distension.

LI 9 - *Shanglian* (Superior Region)

Location

1 cun proximal from LI 8, 3 cun below LI 11 on a line connecting LI 5 and LI 11 (see details for LI 6).

Needle

4 fen (perpendicular). Moxa - 5-10

Indications

Numbness of the hand and arm.

LI 10 - *Shousanli* (Arm Three Miles)

Location

2 cun below LI 11 on a line connecting LI 5 and LI 11.

Needle

5 fen perpendicular. Moxa - 5-10

Indications

Major point for hemiplegia and after effects of stroke. Use for all arm problems.

Point Dynamics

LI 10 is a major point for influencing the flow of Qi through the Large Intestine channel, thus strengthening the distribution of Qi through the arm, neck and facial areas. This will affect the overall Metal function by increasing the available Zhen Qi to the other connecting points along the Large Intestine channel.

LI 11 - *Quchi* (Crooked Pond)

Location

At the lateral end of the elbow flexure crease. Bend arm at 90 degrees, the point is midway between the lateral epicondyle of the humerus and the point LU 5.

Needle

5-8 fen (perpendicular, toward HT 3). Moxa 5-10

Features

Earth and He point. Eliminates Wind-Heat, cools the Blood and internal Heat. Regulates the circulation of Qi and Blood. Removes obstructions from joints. Expels Damp from the intestines. Calms and regulates the whole system.

Indications

After effects of stroke, skin conditions (especially those related to Heat), vomiting, gastric ulcers, migraine, constipation or diarrhoea.

Point Dynamics

As the He point, LI 11 increases available energy to the organ, aids the absorption of fluids and Qi in the Large Intestine and, in so doing facilitates circulation of these substances to the Kidneys. This will increase available Qi for Wei Qi production in the Yang Kidney (aiding defence), and increase available fluids in the Yin Kidney (aiding Blood production). In addition, by promoting the Metal, the Yang movement aspect of the Lungs will be strengthened thereby aiding the descending of Qi and fluids to the Kidneys. The dispersal of Wei Qi by the Lungs will also be boosted.

Energy will be drawn from Earth re-establishing the Sheng cycle, strengthening Yang Ming and de-obstructing the Middle Heater to promote digestion and Blood production. Useful to clear invading Liver energy from Earth by the dual action of increased control and cooling of the Wood and promoting the Stomach's descending function by drawing energy into the Lower Heater.

LI 12 - *Zhouliao* (Elbow Bone)

Location
Superior to the lateral epicondyle of the humerus. Van Buren locates this as 1 cun above LI 11, Van Nghi and Wu Wei Ping locate it as 2 cun above LI 11 (when the forearm is extended it appears as 2 cun, flexed as 1 cun).

Needle
3 fen (perpendicular). Moxa - 3

LI 13 - *Shouwuli* (Hand Five Miles)

Location
3 cun above LI 11 on the lateral anterior border of the humerus.

Alternative location - Wu Wei Ping: 3.5 cun above LI 11 - probably because of extension and flexion of forearm (see above).

Needle
FORBIDDEN. Moxa - 7

LI 14 - *Binao* (Outer Bone Arm)

Location
On a line between LI 11 and LI 15 at the V of the insertion of the deltoid muscle - 7 cun above LI 11.

Needle
3 fen (perpendicular or deeper oblique). Moxa - 3-7

Features
Moves stagnant Qi and clears the meridian.

Connections
Branch goes internally to TH 13.

Indications
Use for problems of the eyes (needle upwards) and shoulders.

LI 15 - *Jianyu* (Shoulder Bone)

Location
In the depression anterior and inferior to the acromio-clavicular joint when the arm is in passive abduction (place hand on hip or rest arm on support in full abduction). When the arm is abducted, two depressions appear, anterior and posterior to the acromion. LI 15 is located in the deeper depression anterior to the acromion. TE 14 is located in the posterior depression.

Note: Only shallow needle insertion is possible using this location. If there is a need to needle into the joint capsule then insertion approximately 1 cun to 1.5 cun medial makes this possible.

Needle
6 fen (perpendicular, in abduction the point may be needled deeper or oblique and down.) Moxa - 7

Features
Eliminates Wind-Heat and removes obstructions from the Jing Luo. Soothes the joints.

Connections
Departure point of Divergent meridian.

Indications
Special point for the shoulder. Use for after effects of stroke.

Point Dynamics
The communication between the Lung and Large Intestine will be strengthened through the Divergent channel connection of this point. The descent of Lung Qi into the Lower Heater will be increased and the control of Liver Qi will be strengthened. This will help to promote the circulation of Qi and Blood throughout the whole system.

LI 16 - *Jugu* (Large Bone)

Location
On the superior-posterior aspect of the shoulder, in the depression just medial to the acromio-clavicular joint, between the clavicle and the spine of the scapula.

Needle
6 fen lateral oblique. Moxa - 3-7

Features
Moves stagnant Blood in the chest area. Stimulates the Qi of the meridians.

Connections
Point of Yang Qiao Mai. Internal pathway goes to SI 12, GV 14 and ST 12 from which a branch descends to ST 25.

Point Dynamics
This point has a very strong action to move Qi and Blood through the Jing Luo because of its connections to Yang Qiao (mover of Yang) and the Yang channels via GV 14 and ST 12. The movement of Qi and fluids through the Large Intestine will be increased due to links with ST 25.

LI 17 - *Tianding* (Celestial Vessel)

Location
1 cun below LI 18 on the anterio-lateral aspect of the neck. The point is at the lateral border of the sternocleidomastoid muscle (clavicular head of muscle). To locate tilt head back, the point is approximately 1.5 cun above the superior edge of the clavicle and 3.5 cun from the centre of the base of the laryngeal prominence.

WHO Location
On the anterior aspect of the neck, at the same level as the cricoid cartilage, just posterior to the border of the sternocleido-mastoid muscle. Note: Directly inferior to LI18, at the same level as ST10.

Needle
3 fen (perpendicular). Moxa 3-7

Connections
Reunion point of internal pathway.

Indications
Sore throat.

LI 18 - Neck *Futu* (Support and Rush)

Location
1 cun above LI 17 between the two heads of the sternocleidomastoid muscle and 3 cun lateral to the most anterior peak of the laryngeal prominence.

WHO Location
On the anterior aspect of the neck, at the same level as the superior border of the thyroid cartilage, between the anterior and posterior borders of the sternocleidomastoid muscle.

Needle
4 fen (perpendicular). Moxa - 3

Features
Window of the Sky point.

Connections
Upper meeting point of Lung and Large Intestine Divergent meridian.

Indications
Asthma, cough and throat problems.

Point Dynamics
Being a Window of the Sky point and having strong connections to the throat, this point is used for repression of emotions (especially grief) when it causes the Qi to stagnate in the throat creating a choking sensation. It should be noted that this is different to the plum-stone stagnation associated with stuck Liver Qi. Window of the Sky points generally have the function of reconnecting the head and body when the mind and emotions can't communicate, producing a detached feeling.

LI 19 - *Heliao* (Grain Bone)

Location
Inferior to the nose, 5 fen lateral to GV 26. The point is slightly superior to the midpoint between the edge of the upper lip and the base of the nose.

Needle
3 fen (oblique). Moxa - FORBIDDEN

Indications
Wrymouth, epistaxis.

LI 20 - *Yinxian* (Welcome Fragrance)

Location
Between the naso-labial groove and the midpoint of the lateral border of the nasal ala, on the opposite side of the nostril to LI 19.

Authorities differ very slightly on the location of the point, for example Wu Wei Ping locates it at the level of the inferior edge of the ala nasi.

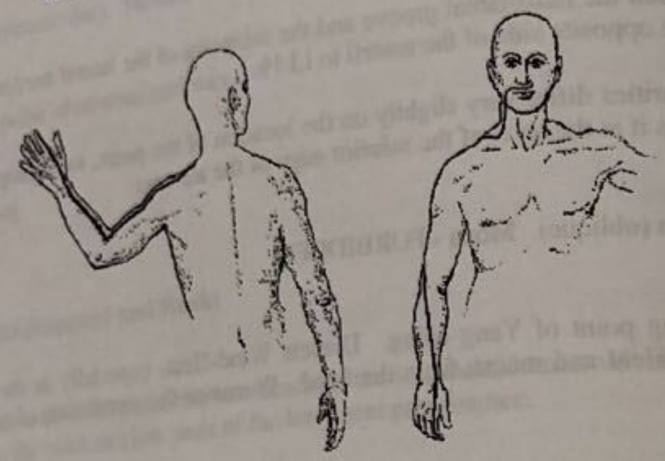
Needle
1-3 fen (oblique). Moxa - FORBIDDEN

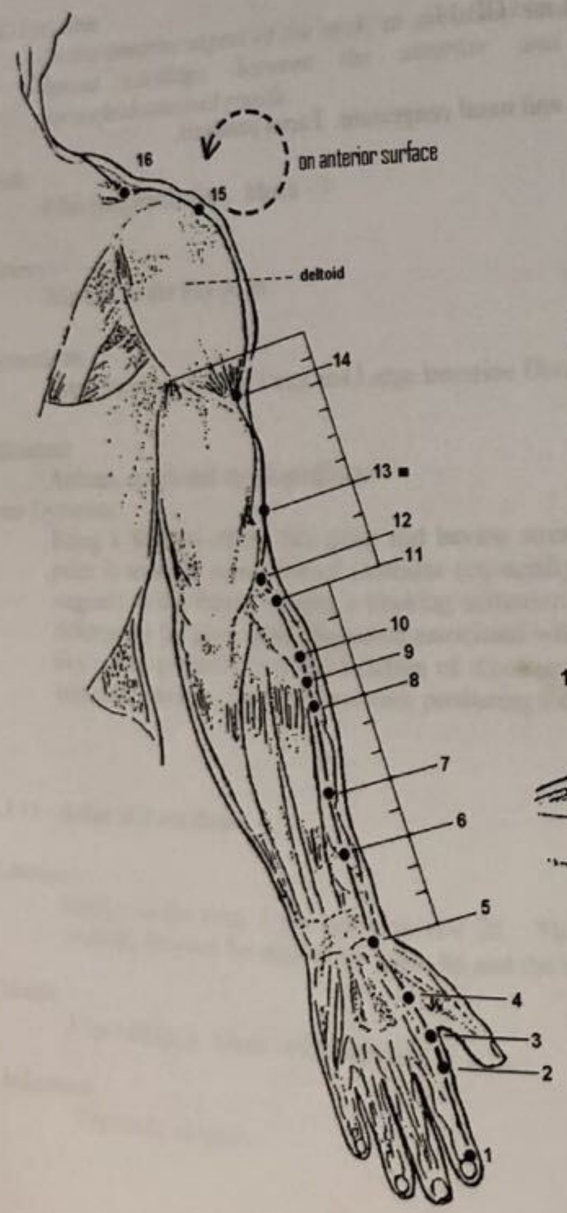
Features
Meeting point of Yang Ming. Dispels Wind-Heat, especially in the Lungs. Clears Damp-Heat and mucus from the head. Promotes the circulation of substances to the eyes.

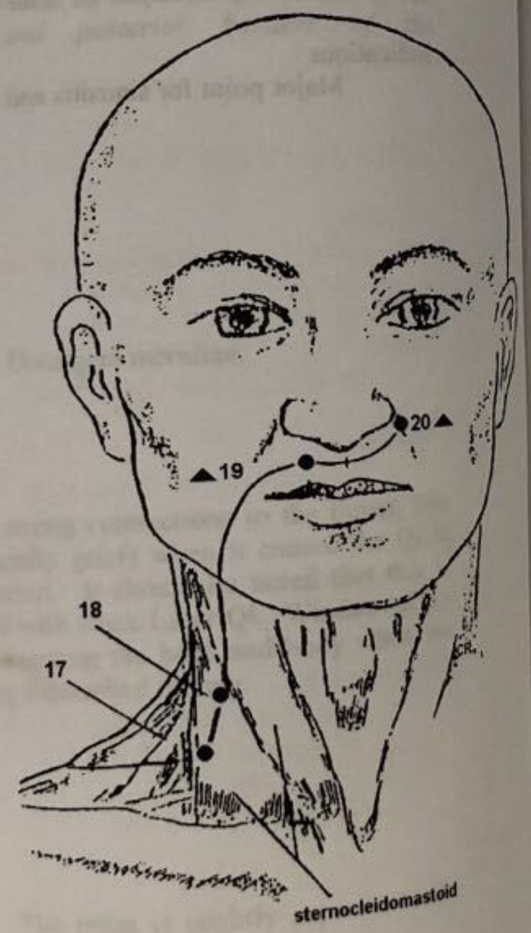
Connections
Internal pathway to ST 1 and GB 14.

Indications
Major point for sinusitis and nasal congestion. Facial paralysis.

LARGE INTESTINE SURFACE CHANNEL







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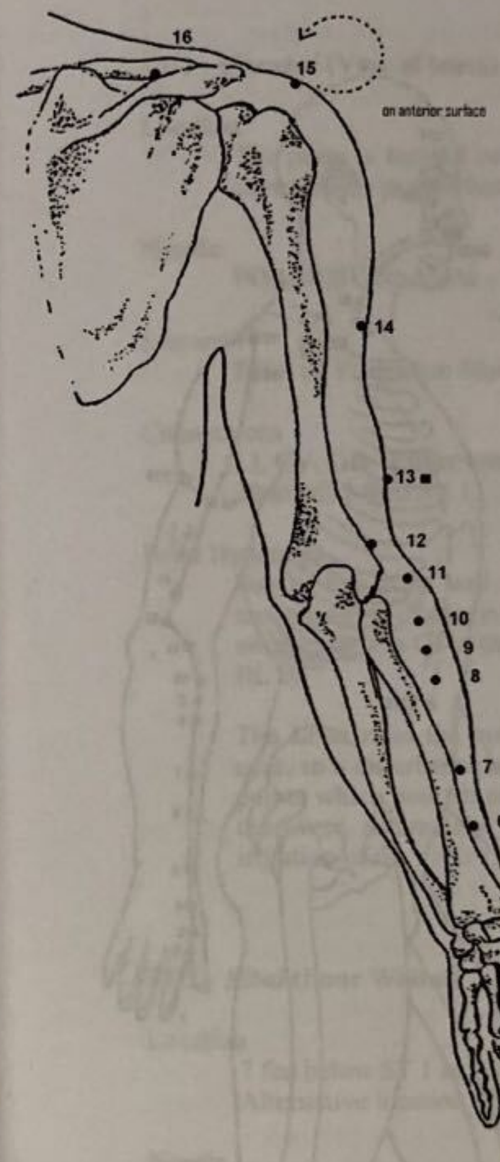
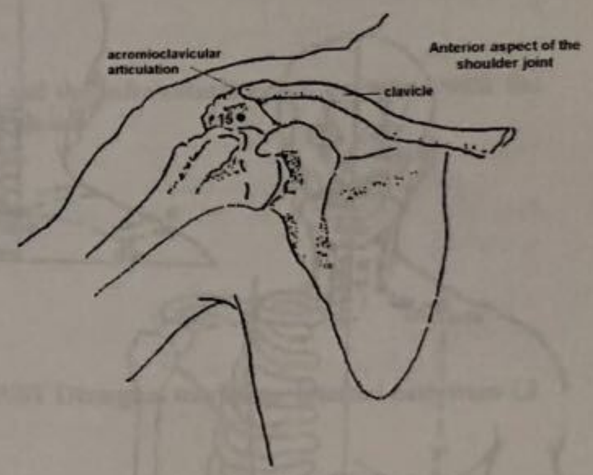
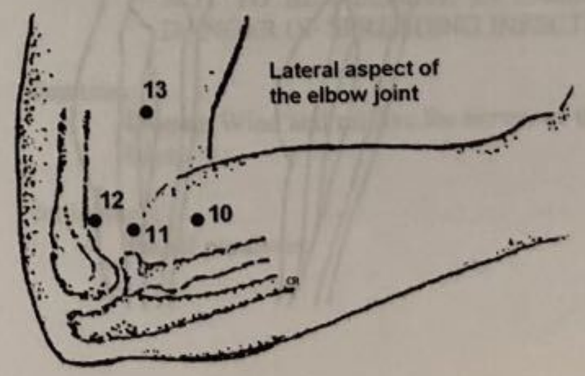
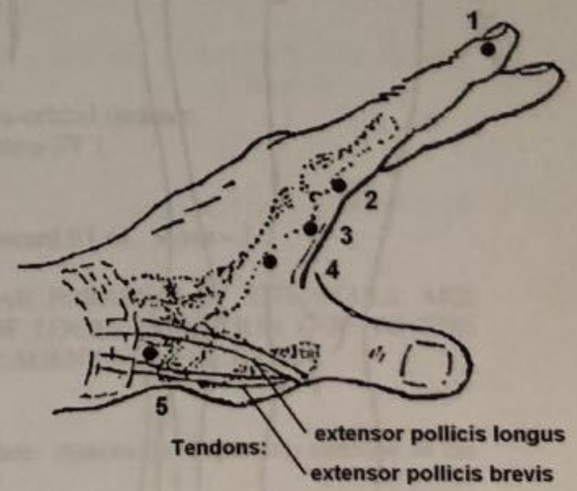
LARGE INTESTINE









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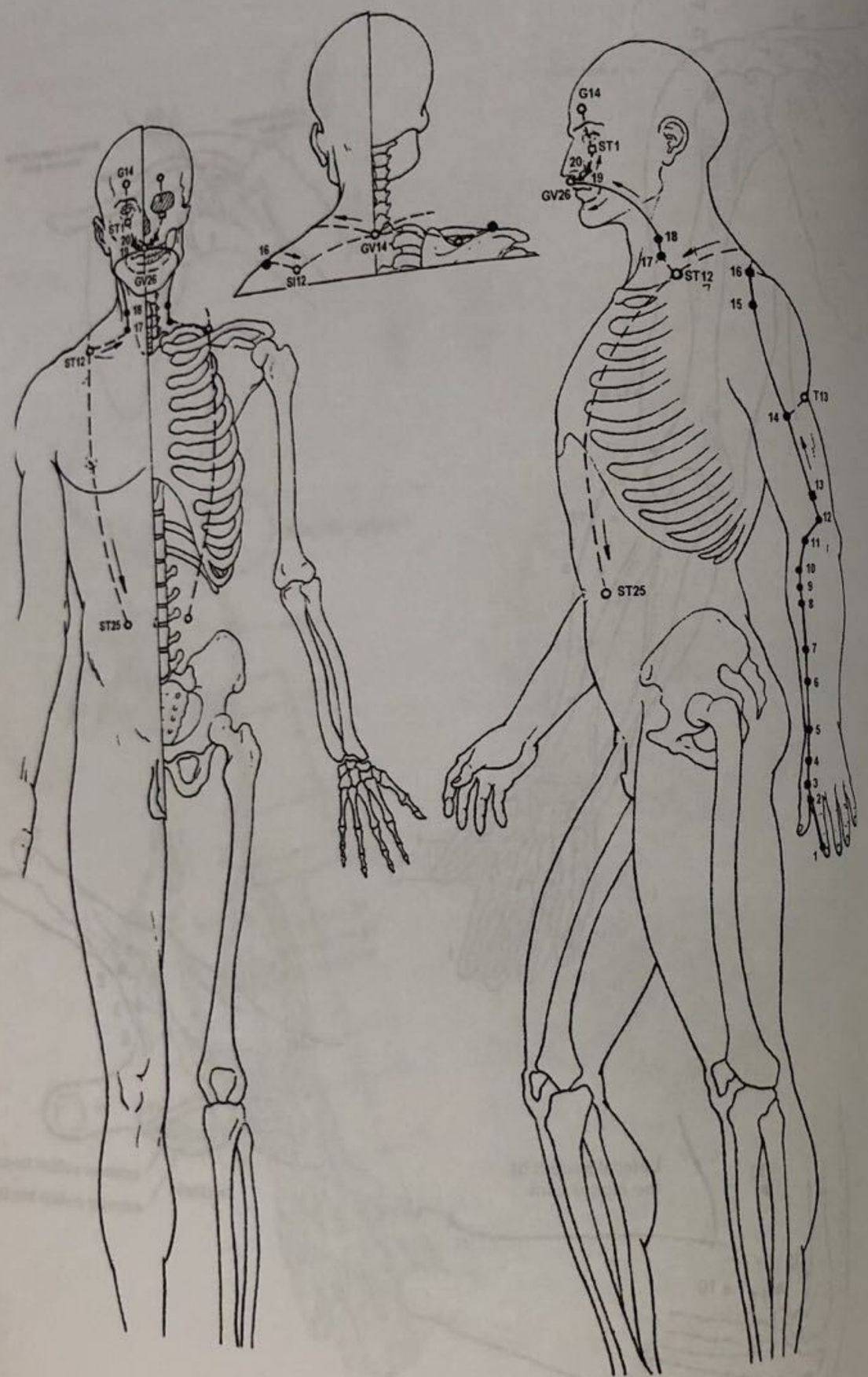
LARGE INTESTINE MAIN CHANNEL WITH INTERNAL PATHWAYS



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STOMACH CHANNEL: *ZU YANG MING WEI JING*

ST 1 - *Chengqi* (Vase of tears)

Location

The point is located between the orbit and the infra-orbital ridge, on a line with the centre of the pupil when looking straight ahead.

Needle

FORBIDDEN. Moxa - 3

Features

Point of Yang Qiao Mai.

Connections

LI, CV, GB. Upper meeting point of SP/ST Divergent meridian. Internal path from LI 20 to BL 1 then ST 1.

Point Dynamics

Use of this point will strengthen Yang Ming (connection with LI 20), promote the movement of Yang energy (point of Yang Qiao Mai) and aid the circulation of nourishing Yin Qi to the face and eyes (connections to ST/SP Divergent Meridian and BL 1).

The Liver rules the eyes and, just as an imbalance in this organ can manifest in the eyes, so a disturbance of the eyes can disrupt the proper functioning of the Liver. Thus points which nourish and feed the eyes, such as ST 1 or BL 1, help to calm and cool the Liver. Alternately, if the flow of Qi and fluids through these points is hindered, irritation of the Liver Qi is more likely to manifest in the eyes.

ST 2 - *Sibai* (Four Whites)

Location

7 fen below ST 1 in the depression of the infra-orbital foramen.
Alternative location - Wu Wei Ping: 3 fen below ST 1.

Needle

3 fen (perpendicular or deeper horizontally toward ST 6). Moxa - 3

NOTE: ALL POINTS LOCATED ON OR NEAR FORAMEN OF THE SKULL ARE NOT TO BE NEEDLED IN CASES OF LOCAL INFECTION DUE TO THE DANGER OF SPREADING INFECTIVE AGENTS TO THE BRAIN.

Features

Dispels Wind and relaxes the nerves of the face. Assists the dispersing function of the Liver.

Indications

Facial paralysis.

ST 3 - *Juliao* (Large Bone)

Location
At the intersection of a line through ST 2 and another at the level of the lower edge of the ala nasi (lateral to the naso-labial groove).

Needle
3 fen (oblique). Moxa - 5

Features
Point of Yang Qiao Mai.

Connections
LI.

Indications
Toothache, epistaxis.

ST 4 - *Dicang* (Earth Granary)

Location
4 fen lateral to the corner of the mouth directly below ST 3.

Needle
3 fen (oblique or deeper horizontally toward ST 6). Moxa - 5

Features
Point of Yang Qiao Mai. Eliminates pathogenic Wind and adjusts the circulation of Qi.

Connections
LI.

Indications
Facial paralysis.

ST 5 - *Daying* (Big Welcome)

Location
At the lower anterior border of the superficial masseter m. 3 fen superior to the angle of the edge of the mandible where the groove of the facial artery can be felt.

Needle
5 fen (perpendicular or oblique). Moxa 3-5

Connections
GB.

ST 6 - *Jiache* (Region of the Jaw)

Location
Anterior and superior to the angle of the jaw. When the teeth are clenched the masseter m. forms a prominence, the point is slightly anterior and inferior to the apex of the prominence and can be felt as a depression when the jaw is relaxed.

Needle
3 fen (perpendicular, horizontally deeper towards ST 4). Moxa - 7

Features
Clears Heat from Yang Ming. Eliminates pathogenic Wind and adjusts circulation of Qi.

Connections
GB.

Indications
Use for lower jaw problems with LI 4, facial paralysis

Point Dynamics
Via connections to the Gall Bladder channel, ST 6 aids the circulation of Wei Qi into the Yang levels to disperse pathogens such as Wind and Heat. This will thus strengthen the defence of the division of Yang Ming.

ST 7 - *Xiaguan* (Lower Gate)

Location
Anterior to the ear, level with the base of the tragus, and inferior to the zygomatic arch. The point is in a depression anterior to the condyloid process of the mandible. When the mouth is slightly open the process moves forward, filling the depression, therefore the mouth must be closed to locate the point.

In some texts it is located with the mouth open, but to do so the mouth must be fully open so that the muscles are relaxed.

Needle
3 fen (perpendicular). Moxa - FORBIDDEN

Features
Concentration point of Yang Ming.

Indications
Use for upper jaw problems with ST 44. Deafness.

Point Dynamics
Promotes the Yang aspect of the Stomach to aid the assimilation and descending of Qi and fluids. Because this point connects with the Gall Bladder channel it will help to maintain the balance between Wood and Earth. It is useful for problems of the face and ears such as deafness, as it promotes the energy circulation through the local area.

ST 8 - *Touwei* (Meeting of the Head)

Location

At the lateral-superior corner of the forehead, 5 fen within the hair line, on a level with GV 24, anterior to the coronal suture on the superior edge of the superior temporal line. Approximately 6 cun superior to ST 7, 5 fen lateral to GB 13, and 3 cun lateral to the depression on the lateral eyebrow.

Needle

3 fen (horizontally). Moxa - FORBIDDEN

Features

Dispels Wind from the head. Clears the vision and eliminates dizziness.

Connections

Internal path from this point to GV 24.

Point Dynamics

Helps to clear obstructions and excess Yang energy in the head which may accumulate to cause frontal headaches in the Yang Ming area. Wei Qi is circulated from the connection with GV 24 to dispel Wind from the head.

ST 9 - *Renjing* (Man Welcome)

Location

Just posterior to the carotid artery at the anterior border of the sternocleidomastoidus and level with the top of the laryngeal prominence.

Alternative locations - level with CV 23, above the hyoid. Other texts and charts indicate it at a lower level. Locate by holding the lateral edges of the hyoid bone (hand and head level) between the distal joints of index finger and thumb; the point will be felt at the tip of the finger and thumb.

Needle

FORBIDDEN (or very superficial). This is explained as due to the proximity of the carotid artery, but, there is a much greater danger of piercing the jugular vein. Moxa - FORBIDDEN

Features

Window of the Sky point. Sea of Qi (energy) point with CV 17 and BL 10. Adjusts Blood and Qi.

Connections

BL and LI.

Indications

Asthma, sore throat, lethargy.

Point Dynamics

ST 9, CV 17 and BL 10 make up the Sea of Qi as together they; aid the absorption of Gu Qi in the Stomach and Large Intestine (ST 9); promote the feeding of Qi in the chest from Ren Mai and therefore the assimilation of Da Qi in the Lungs and so ultimately facilitate Zhen Qi formation (CV 17); and increase the Yang energy of the Kidneys, strengthening their ability to draw Qi down from the Lungs thus providing more energy for the Spleen (BL 10 connects KI/BL Divergent channels).

ST 9, being a Window of the Sky point allows Yin energy to rise to the head and sensory organs and restores the connection between the head and body in cases of a floating, detached sensation, usually caused from blockage of emotional energy.

ST 10 - *Shutu* (Water Rushing)

Location

Midway between ST 9 and ST 11. 2 cun below ST 9 lateral to the laryngeal prominence, at the anterior border of the sternocleidomastoideus.

Needle

3 fen (oblique toward the midline). Moxa - 3

ST 11 - *Qishe* (Locus of Energy)

Location

The superior border of the clavicle, between the two heads of the sternocleidomastoideus, 1.5 cun from the midline.

Needle

3 fen (perpendicular). Moxa - 3

Connections

Meridian travels internally to GV 14 from this point.

ST 12 - *Quepen* (Small Bowl)

Location

On the mamillary line superior to the clavicle (in the supra-clavicular fossa) and 4 cun from the midline. To locate, place hand on hip and push shoulder forward - this will emphasise the fossa.

Some modern Chinese texts locate this point on a line with LU 1, LU 2 and SP 20.

Needle

3 fen (perpendicular). Moxa - 3

NOTE: THE SUBCLAVIAN ARTERY AND THE EXTERNAL JUGULAR VEIN LIE BENEATH THIS POINT.

Features

Point of Yin Qiao Mai.

Connections

Reunion with internal path of meridian from GV 14. Meridian travels internally to ST 30. TH, GB, LI, SI, CV and LU (Divergent) connections.

Indications

Nausea, sore throat, asthma, cough.

Point Dynamics

Because ST 12 has connections with GV 14 (meeting point of all Yang channels) as well as Yin Qiao Mai, its use will strengthen the communication between Yin and

Yang throughout the whole body. It circulates Yang defensive energy to the front of the body and moves energy down through the internal pathway to the organs, to re-join the main channel at ST 30.

NOTE: ALL POINTS ABOVE THE CLAVICLE AND THE SUPERIOR SPINE OF THE SCAPULA, IN THE AREA OF THE SHOULDER, SHOULD NOT BE NEEDLED DEEPLY IN A DOWNWARD DIRECTION AS THERE IS A POSSIBILITY OF PENETRATING THE APEX OF THE LUNG. THE SAME CAUTION SHOULD BE USED WHEN INSERTING NEEDLES IN THE INTERCOSTAL SPACES.

ST 13 - *Qihu* (Entrance of Energy)

Location
Below the clavicle on a line with ST 12 (mamillary line), 4 cun from the midline level with CV 21.

Needle
3 fen (oblique). Moxa - 5

ST 14 - *Kufang* (Storehouse)

Location
In the first intercostal space on the mamillary line, 4 cun lateral to CV 20.

Needle
3 fen (oblique). Moxa - 5

ST 15 - *Wuyi* (Room Screen)

Location
In the second intercostal space, 4 cun lateral to CV 19.

Needle
3 fen (oblique). Moxa - 5

NOTE: DO NOT NEEDLE BREAST TISSUE IN WOMEN.

ST 16 - *Yinchuang* (Breast Window)

Location
In the third intercostal space, 4 cun lateral to CV 18.

Needle
3 fen (oblique). Moxa - 5

ST 17 - *Ruzhong* (Middle of the Breast)

Location
In the centre of the nipple, 4th intercostal space, 4 cun lateral to CV 17.

Needle
FORBIDDEN. Moxa - FORBIDDEN

As with the umbilicus, this point is used only as a location reference.

Point Dynamics
As this point (the nipple) lies on the Stomach channel, it is interesting to note that in nursing mothers the suckling action will help to stimulate the Middle Heater. This will increase the production of Blood and hence breast milk, which in TCM is included in the term Blood.

ST 18 - *Rugen* (Breast Root)

Location
In the 5th intercostal space, 4 cun lateral to CV 16.

Needle
3 fen (oblique). Moxa 3-5

ST 19 - *Burong* (No Admittance)

Location
2 cun lateral to the midline (CV 14), just medial to the ribcage, and 6 cun above the centre of the umbilicus.

Wu Wei Ping locates the points 3 cun lateral to the midline from ST 19 to ST 30.

Needle
5 fen (perpendicular). Moxa 3-7

ST 20 - *Chengman* (Receiving Fullness)

Location
1 cun below ST 19, 2 cun lateral to the midline level with CV 13. 5 cun above the centre of the umbilicus.

Needle
5 fen (perpendicular). Moxa 3-7

ST 21 - *Liangmen* (Beam Door)

Location
1 cun below ST 20, 2 cun lateral to the midline, level with CV 12 and 4 cun above the centre of the umbilicus.

Needle
7 fen (perpendicular). Moxa 5-15

Features
Promotes the function of the Stomach and Spleen.

Indications
Gastric pain, vomiting, diarrhoea.

Point Dynamics
This point is at the same level as CV 12 and therefore has strong connections with the Middle Heater, but differs in action by having a more Yang quality and effect. It is therefore used to promote the Yang of the Stomach and Spleen to produce Blood and Qi and aid their circulation of substances - "ascending" in the Spleen and "descending" in the Stomach.

ST 22 - *Guanmen* (Gate Door)

Location
1 cun below ST 21, 2 cun lateral to the midline at the level of CV 11 and 3 cun above the centre of the umbilicus.

Needle
8 fen (perpendicular). Moxa 5-15

ST 23 - *Taiyi* (Bigger *Yi* - Celestial Stem)

Location
1 cun below ST 22, 2 cun lateral to the midline at the level of CV 10 and 2 cun above the centre of the umbilicus.

Needle
8 fen (perpendicular). Moxa 5-10

ST 24 - *Huaroumen* (Slippery Flesh Door)

Location
1 cun below ST 23, 2 cun lateral to the midline at the level of CV 9 and 1 cun above the centre of the umbilicus.

Needle
8 fen (perpendicular). Moxa 5-15

ST 25 - *Tianshu* (Celestial Pivot)

Location
1 cun below ST 24, 2 cun lateral to the midline level with the centre of the umbilicus - CV 8.

Needle
5 fen perpendicular. Moxa 5-20

Features
Mu point of the Large Intestine. Shokanten point of Shao Yang. Adjusts function of the intestines and removes stagnation.

Indications
Constipation, borborygmus, abdominal distension, irregular menstruation. Chronic diarrhoea with ST 37.

Point Dynamics
Shokanten points are used when the emotions disturb the communication and energy connections between the Shen and Zang Fu, in this case Three Heater and Gall Bladder (Shao Yang). As Yang Ming will be strengthened, the feeding of Large Intestine Qi by the Stomach will be promoted and the Large Intestine's assimilation of fluids will be improved, which will in turn aid Blood production in the Earth via the increased fluids received by the Kidneys. Although used for all afflictions of the Large Intestine it is especially good when the Large Intestine is Qi and Yang deficient.

ST 26 - *Wailing* (Outside Mound)

Location
1 cun below ST 25, 2 cun lateral to the midline at the level of CV 7 and 1 cun below the centre of the umbilicus.

Needle
8-10 fen (perpendicular). Moxa - 5

ST 27 - *Daju* (Big Great)

Location
1 cun below ST 26, 2 cun lateral to the midline at the level of CV 5 and 2 cun below the centre of the umbilicus.

Needle
8-10 fen (perpendicular). Moxa - 5-10

Features
Shokanten point of Yang Ming.

Point Dynamics
Being the Shokanten point of Yang Ming the communication between the Shen and Large Intestine/Stomach will be consolidated in cases where the inability to let go of unwanted emotions or obsessional tendencies are disrupting the proper functioning of the physical body.

ST 28 - *Shuidao* (Water Path)

Location
1 cun below ST 27, 2 cun lateral to the midline at the level of CV 4 and 3 cun below the centre of the umbilicus.

Needle
8 fen (perpendicular). Moxa - 5-10

Features
Eliminates Damp-Heat from the Lower Heater.

Indications
Oedema, Heat in Bladder, leucorrhoea.

ST 29 - *Guilai* (The Return)

Location
1 cun below ST 28, 2 cun lateral to the midline at the level of CV 3 and 4 cun below the centre of the umbilicus.

Needle
5 fen (perpendicular). Moxa - 5-10

Features
Special point for the genitalia. Removes stagnant Blood from the uterus.

Indications
Dysmenorrhoea.

Point Dynamics
This point, being level with CV 3 (Meeting of 3 lower Yin) has a strong effect on the Lower Heater yet has a more Yang quality. It helps to circulate energy through the Lower Heater to de-obstruct stagnation and promotes the circulation of Kidney Qi to the uterus for disorders such as dysmenorrhoea.

ST 30 - *Qichong* (Assault of Energy)

Location
1 cun below ST 29, 2 cun lateral to the midline at the level of CV 2, level with the superior border of the pubic symphysis, and 5 cun below the umbilicus.

Needle
3 fen (perpendicular). Moxa - 7

Features
Sea of Nourishment point with ST 36. Point of Chong Mai. Releases and circulates Yuan Qi.

Connections
BL, GB and CV. Reunion of internal branch from ST 12. Lower meeting point of ST/SP Divergent meridians.

Indications
Irregular menstruation, dysmenorrhoea, inguinal hernia, infertility.

Point Dynamics
Connects to Chong Mai and thus circulates Yuan Qi to the Stomach channel and hence to Earth from the Uterus/Kidneys to regulate and promote the organ functions and harmonize their environment - Spleen prefers dry and Stomach prefers Damp. Transport of Ying Qi to the Zang will be aided because of connections to Conception Vessel and the relationship between Earth and Wood will be regulated via links to GB 30. This will also regulate the free flow of Qi, especially Wei Qi.

ST 36, being the He point will feed Qi up to the Stomach and when used in combination with ST 30 makes up the Sea of Nourishment, as together they work to increase Qi and Blood production in the Middle Heater.

ST 31 - *Pikuan* (Thigh Gate)

Location
At the intersection of two right angle lines vertical from the anterior superior iliac spine and horizontal from the lower border of the pubic symphasis - go across from the lower border of the greater trochanter (see diagram). Approximately 15-16 cun above the superior border of the patella. (Shown in WHO location as the lateral end of the base of the patella - See remarks at ST33)

Alternative location: Van Buren locates this point at 14 cun above the knee flexure and Wu Wei Ping at 13 cun above the flexure, between the sartorius and tensor fascia latae. In this case the anatomical inch measurement is misleading. If the knee is flexed the point lies in a depression.

Needle
6 fen (perpendicular). Moxa - 3-7

Features
Major point for circulation of Qi to the legs.

Indications
Wind-stroke and infantile paralysis.

Point Dynamics
Draws Yuan Qi down to the legs from ST 30 to promote the circulation of Qi in the channels and thus strengthen the legs.

ST 32 - Femur *futu* (Prostrate Hare)

Location
6 cun above the superior border of the patella on the lateral side of the rectus femoris. Locate by placing the middle of the wrist flexure on the middle of the patella (knee flexed) and lay the hand, fingers together along the top of the leg - the point is under the middle fingertip.
Alternative location - Wu Wei Ping: Between the rectus femoris and the vastus lateralis - a more lateral position for both ST 31 and ST 32.

WHO location
On the anterolateral aspect of the thigh, on the line connecting the lateral end of the base of the patella with the anterior superior iliac spine, 6 cun superior to the base of the patella.
Author's note: See remarks at ST33

Needle
6 fen along the lateral border of the femur. Moxa - 3-7

Features
Special point for veins and arteries (use with LU 9).

Indications
Wind-stroke and infantile paralysis.

ST 33 - *Yinshi* (Market of Yin)

Location

3 cun above the superior lateral border of the patella in a depression (on a vertical line with ST 35) between the tendon of the rectus femoris and the vastus lateralis. Locate with knee slightly bent and foot flexed.

WHO location

On the anterolateral aspect of the thigh, lateral to the rectus femoris tendon, 3 cun superior to the base of the patella. Note: ST33 is at the midpoint f the line connecting St 32 with the lateral end of the base of the patella.

Author's note: The diagrams showing the location of this point and those of ST34 show a line from the label "base of the patella" to the superior edge of the patella, which begs the point as to whether either the wording or the diagram is incorrect? This uncertainty includes the points ST32, ST33, and ST34.

Needle

4 fen (perpendicular). Moxa - 3-5

ST 34 - *Liangqiu* (Bean Mount)

Location

2 cun above the superior lateral border of the patella in a depression (on a vertical line with ST 35) between the tendon of the rectus femoris and the vastus lateralis. Locate as ST 33.

WHO location

On the anteriolateral aspect of the thigh between the vastus lateralis muscle and the lateral border of the rectus femoris tendon, 2 cun superior to the base of the patella. Note: Putting the thigh muscle under tension, the rectus femoris tendon and the vastus lateralis muscle are more distinct. ST 34 is located between the muscle and the tendon, 1 cun directly inferior to ST 33.

Author's note: See remarks at ST33.

Needle

4 fen (perpendicular). Moxa - 3-5

Features

Xi-Cleft point. Circulates Stomach Qi and clears meridians.

Indications

Severe Stomach pain (sedate heavily). Problems along meridian pathway.

Point Dynamics

As the Xi-Cleft point ST 34 stores Zhen Qi which, when activated, will de-obstruct the Stomach channel and strengthen the functions of the Stomach and Spleen, thereby promoting Blood and Qi production overall.

ST 35 - *Dubi* (Nose of Calf)

Location

Bend the knee slightly; the point is in the depression below the patella and lateral to the patellar ligament. This is the lateral "knee eye" point - the medial knee eye point is in the depression level with ST 35 and medial to the patellar ligament.

Needle

With knee bent 3 fen (perpendicular or deeper oblique and medially). Moxa - 3

Features

Removes obstructions from the channels. Special point for knee problems.

Indications

Knee problems (with medial knee eye point).

Point Dynamics

This is a primary site for trauma causing obstruction which blocks the circulation of the lower channels in the legs and feet. Because the knees relate to the Kidney energy this point, having a strong effect on the knees, will also affect the Kidney energy.

ST 36 - *Zusanli* (Three Mile Leg)

Location

3 cun below ST 35. To locate:-

1) Place centre of palm over the centre of the patella, fingers slightly parted, the point is under the tip of the index finger.

2) Place four fingers together horizontally below edge of patella, the point is one finger breadth lateral to the crest of the tibia.

3) Locate the tibial tuberosity; the point is one finger breadth lateral and inferior to its lower edge.

Needle

5-8 fen (perpendicular). Moxa - 7-20

Caution with Moxa on patients under 30 as overuse may cause excess Yang.

Features

Earth and He point. Sea of Nourishment point with ST 30. Harmonizes the functions of Stomach and Spleen. Eliminates Wind and Damp in the body. Regulates the circulation of Qi and Blood. Major point to strengthen Spleen function.

Connections

Branch to middle toe.

Indications

Tonify in all cases of general weakness. Digestive disorders, abdominal distension, borborygmus, diarrhoea, constipation, mental disorders.

Point Dynamics

Through the actions of this point the whole Zang Fu system will be tonified due to the strengthening of Earth's ability to produce Qi and Blood and an increase in energy to facilitate the circulation of these substances. A secondary effect of this will be the tonification of the Spleen and Stomach's Six Divisional partners (the Lung and Large Intestine) and it will go on from there, to strengthen the whole system.

As the He point, the Stomach's assimilation of Qi and fluids will be strengthened to feed the Spleen and promote Blood production. There will be increased nourishment of the Liver and Gall Bladder from Earth (Earth nourishes the four sides), which will cool and regulate. This function is also aided by the increased availability of Blood to cool the Liver, promoting the circulation of Wei Qi from the Wood.

Use of the Sea of Nourishment provides Yuan Qi to regulate the Stomach function (ST 30) and sends energy directly into the organ with the He point, (ST 36).

ST 37 - *Shangjuxu* (Great Void of the Upper Region)

Location
3 cun below ST 36, one finger breadth from the anterior crest of the tibia - 6 cun below ST 35.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Lower He point of Large Intestine. Sea of Blood point with BL 11 and ST 39. Brings energy down. Removes Damp- Heat. Major point to influence the organ function of the Large Intestine.

Indications
Chronic disorders of the Large Intestine, abdominal pain and distension.

Point Dynamics
He points send energy directly to the organ so ST 37 promotes Large Intestine function, aiding its assimilation of Qi and fluids. These fluids, sent to the Kidneys, are ultimately used for Blood production and will therefore also benefit the Spleen, Liver and Heart. Qi sent from the Large Intestine to the Kidneys is used to make Wei Qi to warm, defend, nourish and carry fluids to the skin. Refer to BL 11 for Sea of Blood dynamics.

ST 38 - *Tiaokou* (Net Opening)

Location
2 cun below ST 37 and 5 cun below ST 36 one finger breadth from the anterior crest of the tibia - 8 cun below ST 35.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Special point to influence the shoulder.

Indications
Acute shoulder pain (use with local points).

Point Dynamics
Regulates the Stomach channel by drawing down any accumulation of Qi and clears shoulder pain via connection to ST 12 which connects to other Yang channels (excepting Bladder). Regulates the Stomach and Spleen function, (especially that of descending and ascending) and therefore helps to nourish and cool the system because of the resultant increase in the efficiency of Blood production.

ST 39 - *Xiajuxu* (Great Void of the Lower Region)

Location
1 cun below ST 38 and 3 cun below ST 37; one finger breadth from the anterior crest of the tibia; 6 cun below ST 36 and 9 cun below ST 35.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Lower He point of Small Intestine. Sea of Blood point with ST 37 and BL 11. Point to influence the organ function of the Small Intestine.

Indications
Lower abdominal pain, leg paralysis, diarrhoea.

Point Dynamics
As the He point, ST 39 will promote the function of the Small Intestine and its assimilation of Qi and fluids. This aids Blood production and Wei Qi production in the same way as ST 37. Refer to BL 11 for Sea of Blood dynamics.

ST 40 - *Fenglong* (Rich and Prosperous)

Location
8 cun below the knee on a level with ST 38, but one finger breadth lateral to it. The point is anterior to the fibula. Some texts place this point as level with ST 37.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Luo point. Special point to remove Phlegm. Calms the Heart and makes the mind tranquil. Eliminates Phlegm-Fire from the Stomach. Tonifies the Spleen.

Connections
Transverse Luo to SP 3 and SP 1.

Indications
Phlegm misting the Heart (epilepsy).

Point Dynamics
ST 40 will help to distribute Yuan Qi through the Earth because of its Luo Mai connection to SP 4, the Master point of Chong Mai, as well as the Yuan point, SP 3.

Being the Luo point it connects to the Yuan and Cheng points of its Five Element partner, the Spleen. This Luo Mai connection will act to promote and regulate the energy balance and communication between these two organs. This is especially evident in relation to their respective environments - the Spleen prefers dry, the Stomach moist and therefore one will act to harmonize the other. Hence ST 40 is an excellent point for problems of Phlegm and Damp because the Earth's function of the transformation and transportation of fluids will be consolidated to dispel Damp and help prevent its formation.

ST 41 - *Jiexi* (Wild River)

Location
On the dorsum of the foot at the midpoint of the ankle flexion crease, between the tendons of the extensor digitorum longus and the hallucis longus. To locate the ext. hallucis longus rest foot on heel and raise the big toe (the point is lateral to the raised tendon) or place the foot flat and raise the four small toes (the point is medial to the raised tendon).

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Fire and Jing point. Tonify for Cold conditions of the Stomach. Sedate to clear Heat from the Stomach.

Indications
Headache, dizziness, constipation, abdominal distension, weakness of the lower extremities.

Point Dynamics
Promotes the Ying Qi circulation through the Sheng Cycle from the Fire to nourish and increase Stomach function, especially the Stomach Yang.

ST 42 - *Chongyang* (Rushing Yang)

Location
1.5 cun distal to ST 41 at the highest point on the dorsum of the foot where the dorsalis pedis artery can be palpated.

WHO location
On the dorsum of the foot, at the joint of the base of the second metatarsal bone and the intermediate cuneiform bone, over the dorsalis pedis artery.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Yuan point.

Connections
Branch to SP 1. Receives Transverse Luo from SP 4.

Indications
Abdominal pain, borborygmus, facial paralysis.

Point Dynamics
Circulates Yuan Qi to the Middle Heater to regulate the Stomach and Spleen. This promotes Blood and Qi production thereby nourishing the Zang Fu.

ST 43 - *Xiangu* (Depth of the Valley)

Location
In the depression between the 2nd and 3rd metatarsals, distal to the joint - 2 cun above ST 44.

Needle
3 fen (perpendicular). Moxa - 3

Features
Wood and Shu point. Use for aches and pains all over the body.

Indications
Rheumatism.

Point Dynamics
Helps to regulate communication between Wood and Earth to nourish the Liver and promote the free flow of Qi. Hence this point is used for aches and pains all over the body, especially when caused by obstruction of Damp and/or Wind.

ST 44 - *Neiting* (Inner Court)

Location
5 fen from the margin of the web between the 2nd and 3rd toes, just anterior to the articulation of the metatarsals and phalanges.
Wu Wei Ping locates this as posterior to the joint.

Needle
3 fen (perpendicular). Moxa - 3

Features
Water and Yong point. Clears the Stomach. Reduces Heat and removes obstructions from the intestines. Tonifies the digestive function and relieves associated pain. Major point for retention of undigested food in the Stomach. Sedate to reduce digestive congestion and tonify to reduce Heat in the Stomach.

Indications
Upper jaw problems (with ST 7), massage for slow digestion and indigestion in children.

Point Dynamics
Yong points have the effect of moving Qi, so ST 44 will act to increase the transportation of Earth energy and substances from the Middle Heater and move obstructions which have accumulated there. It is also the Water point so it promotes communication between Water and Earth which is especially important for Qi and Blood production. Helps to cool the Stomach by providing energy with a relatively Yin quality from the Water.

ST 45 - *Lidui* (Exchange of Wildness)

Location
On the lateral side of the 2nd toe, 1 fen lateral and posterior to the angle of the root of the nail.

Alternative location - Van Buren: Medial angle of the nail.

Needle
1 fen (oblique). Moxa - 3

Features
Metal and Cheng point. Point of control for Muscle/Tendino and Divergent meridians. Root point of Yang Ming. Eliminates Heat in Yang Ming.

Connections
Receives Transverse Luo from SP 4.

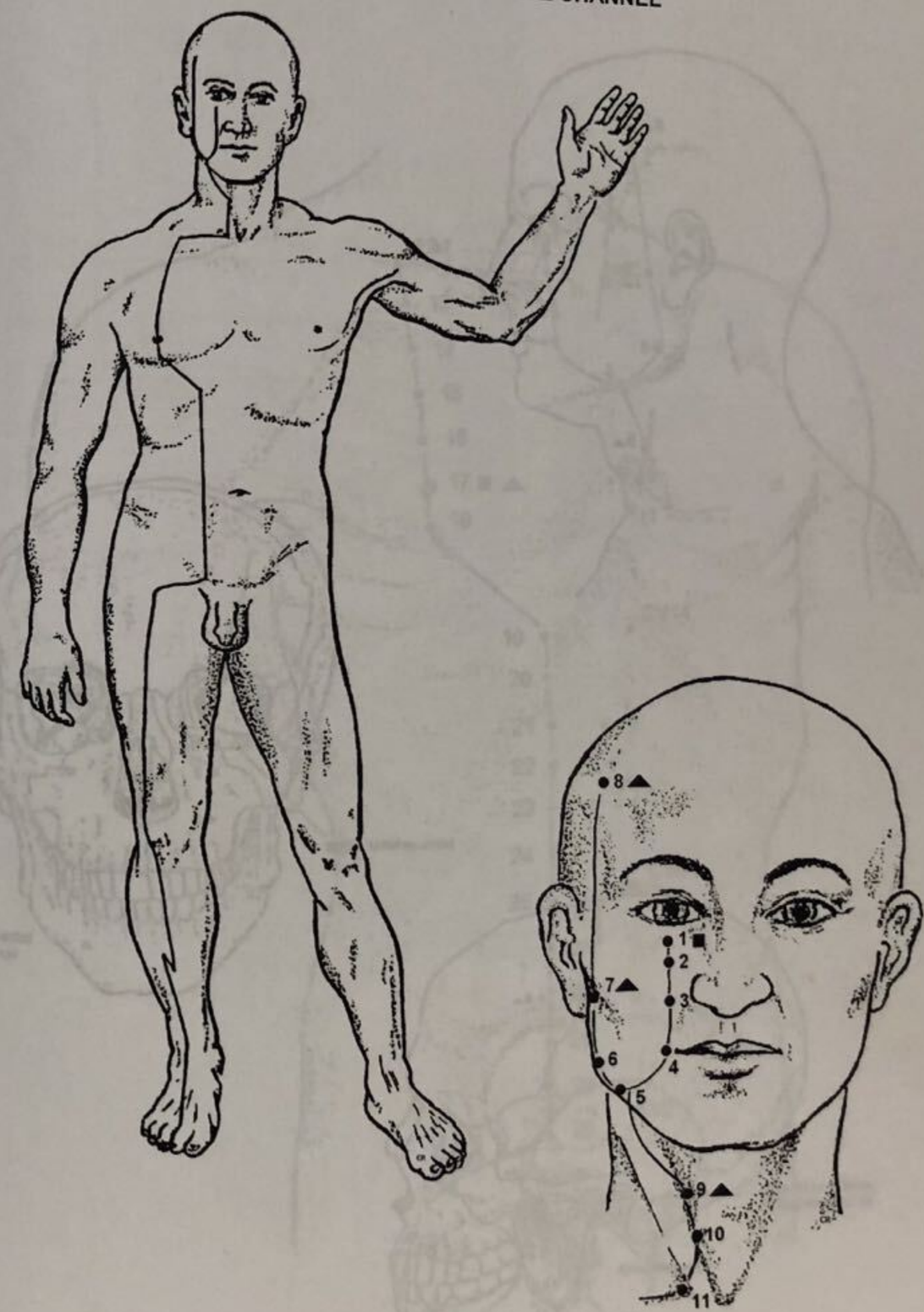
Indications
Toothache, fullness in the chest, epistaxis, abdominal distension, mental confusion.

Point Dynamics
ST 45 regulates the Earth's function and de-obstructs the Middle Heater in several ways. Promotes circulation through the Spleen channel via the Luo Mai connection to SP 4 thus increasing available Yuan Qi. Being the most distal point of the Stomach channel, it encourages circulation through its length de-obstructing the channel and raising the Yang.

As the Root Point of Yang Ming, St 45 encourages the circulation through the Stomach and Large Intestine, aiding the absorption of fluids and Qi in the Large Intestine and facilitates their circulation to the Kidneys. This will increase available Qi for Wei Qi production aiding defence, and increase available fluids aiding Blood production. In addition, by promoting the Metal, the descending and dispersing functions of the Lungs will be strengthened, thereby aiding the descent of Qi and fluids to the Kidneys.

By transporting energy from Earth there will be strengthening of Yang Ming and de-obstructing of the Middle Heater to promote digestion and Blood production. Clears invading Liver energy from Earth by the action of promoting the Stomach's descending function and by sending energy into the Lower Heater, which in turn increases control and cooling of the Wood.

STOMACH SURFACE CHANNEL



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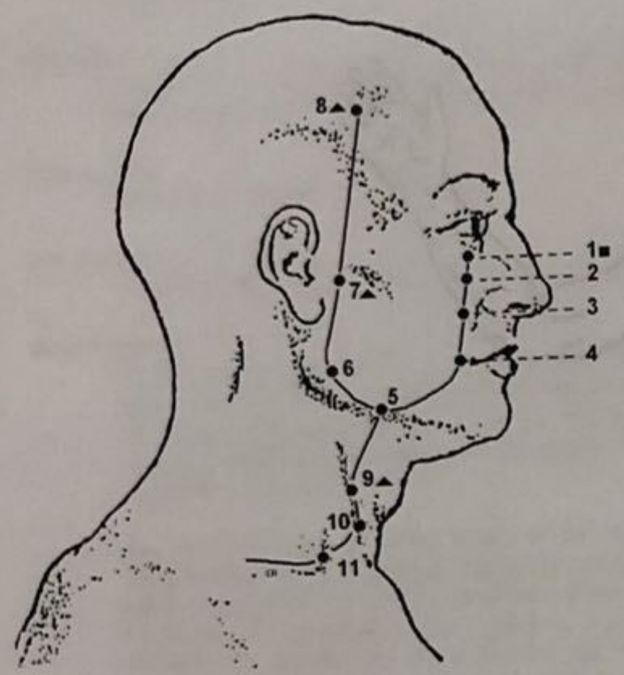
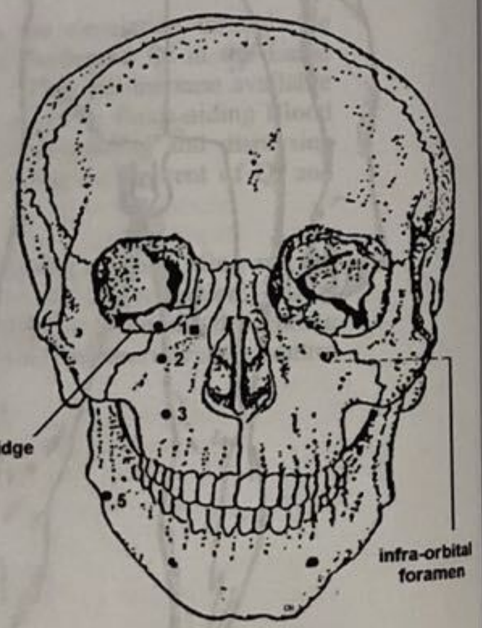
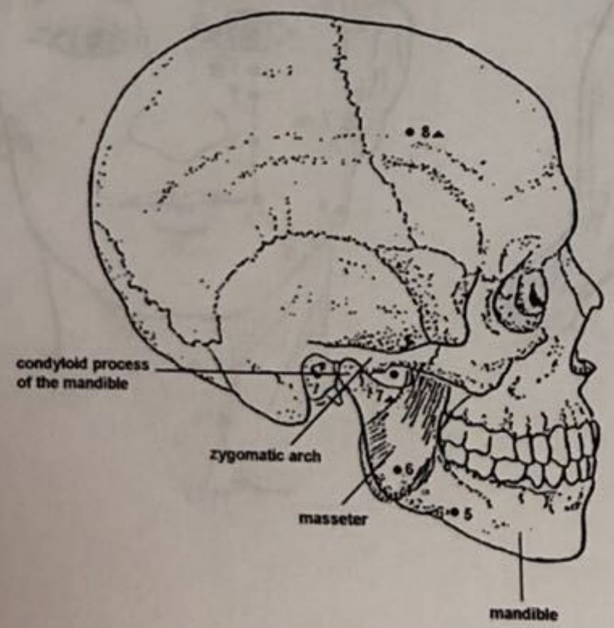
STOMACH







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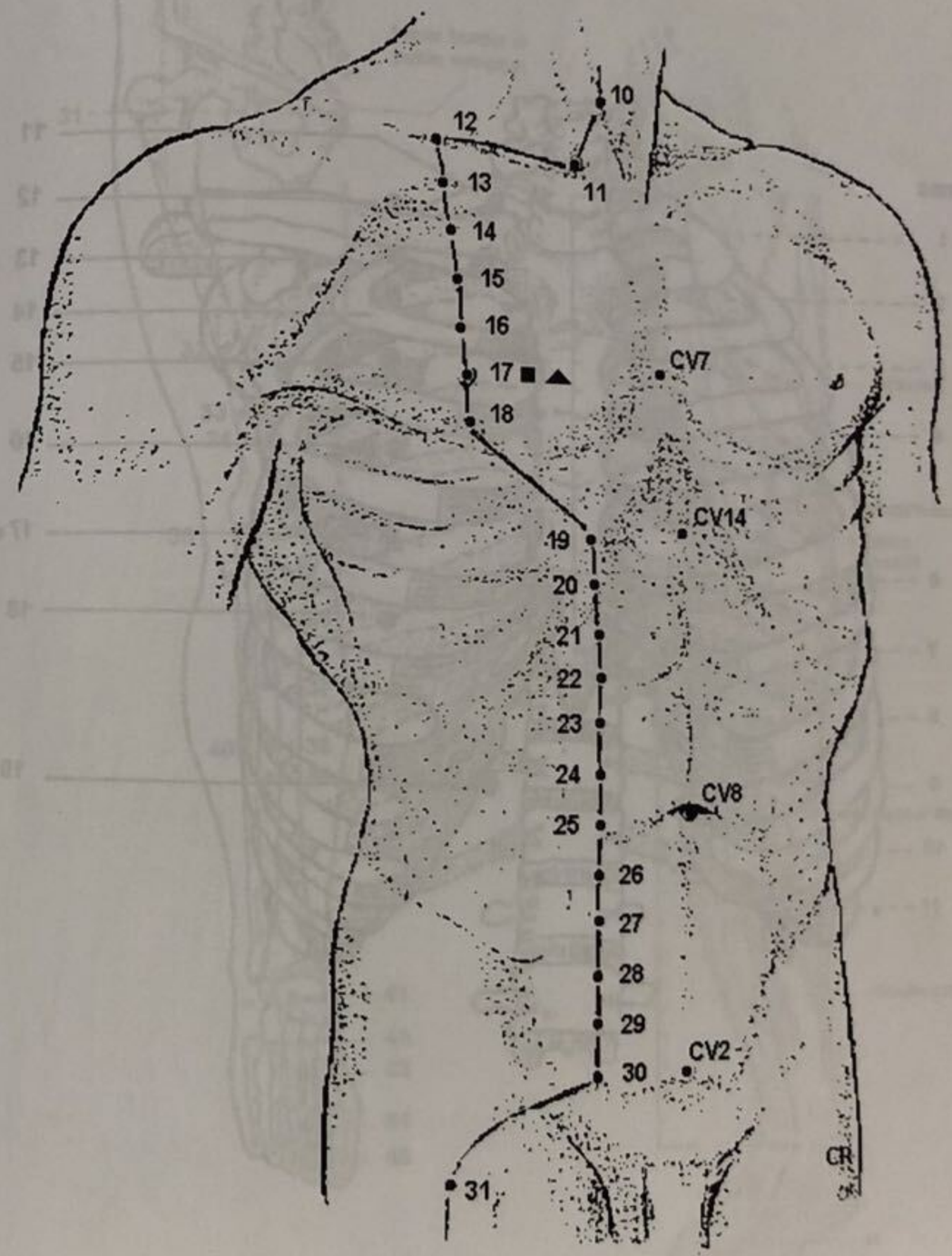

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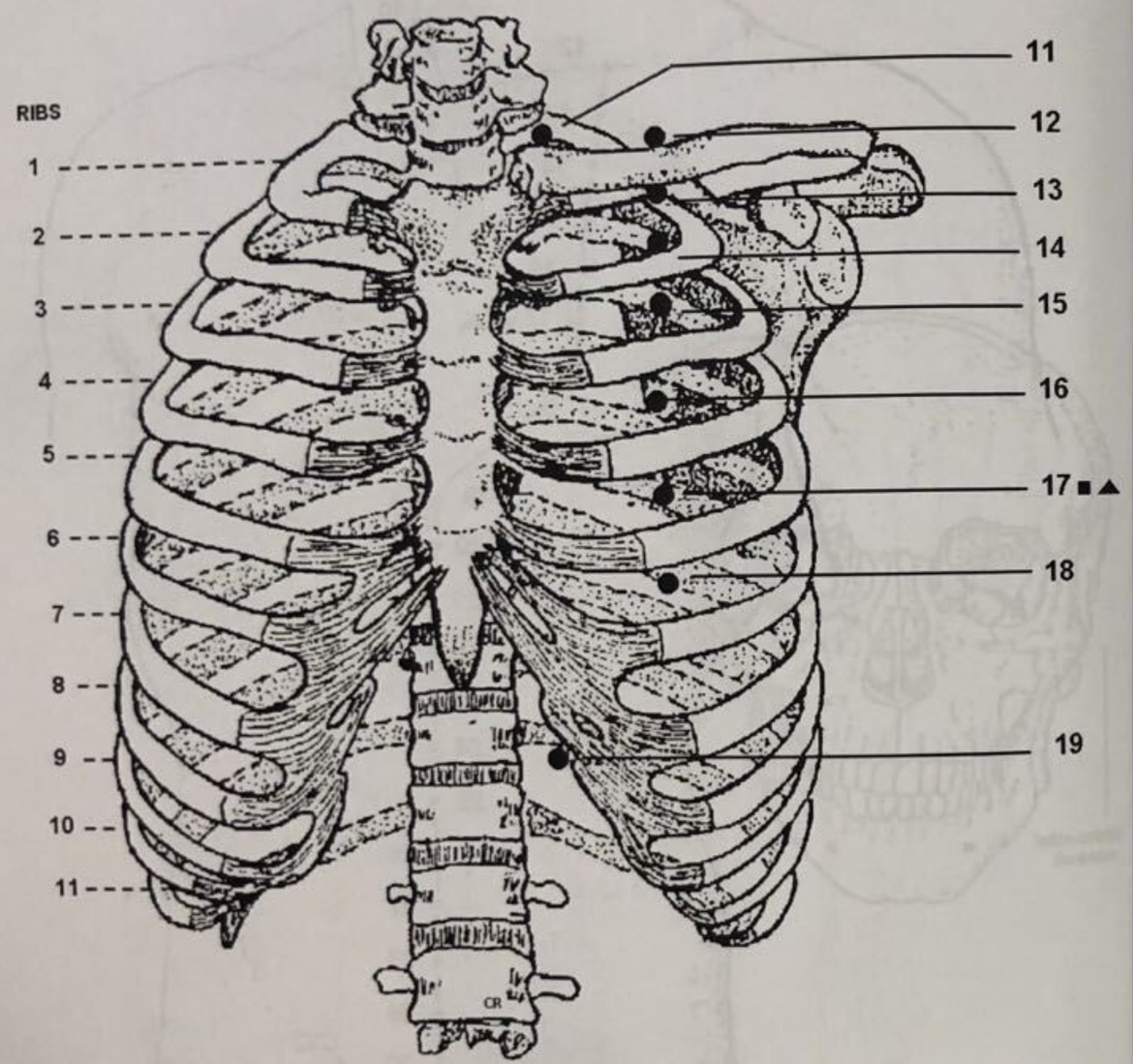

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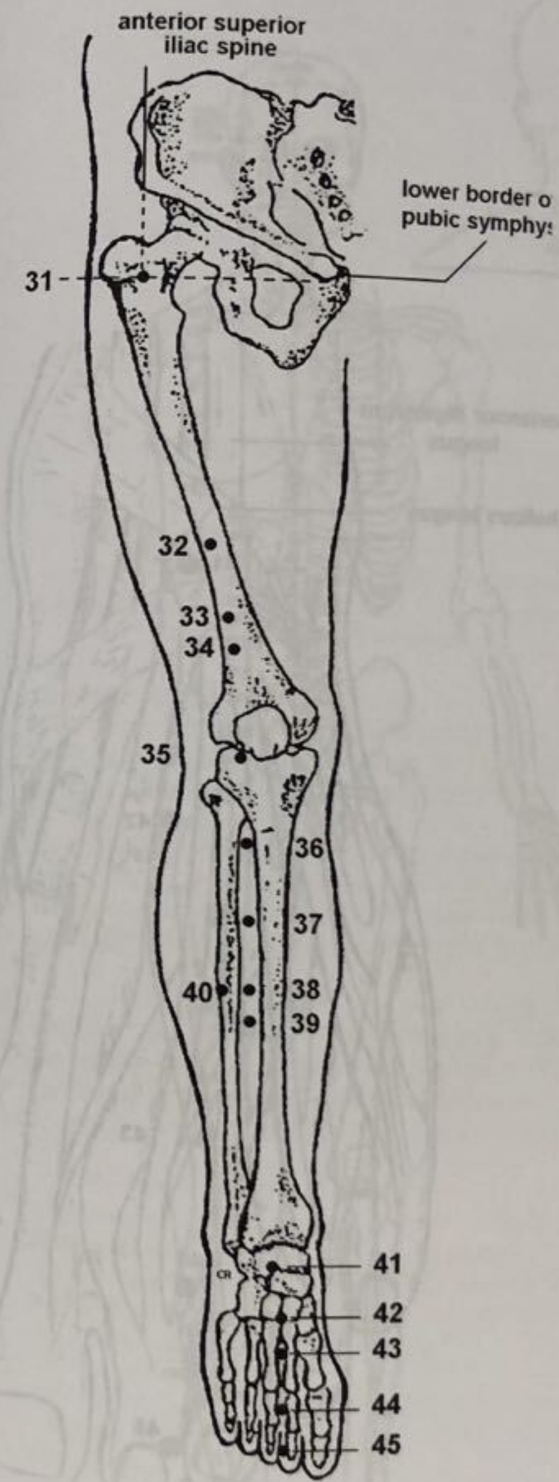

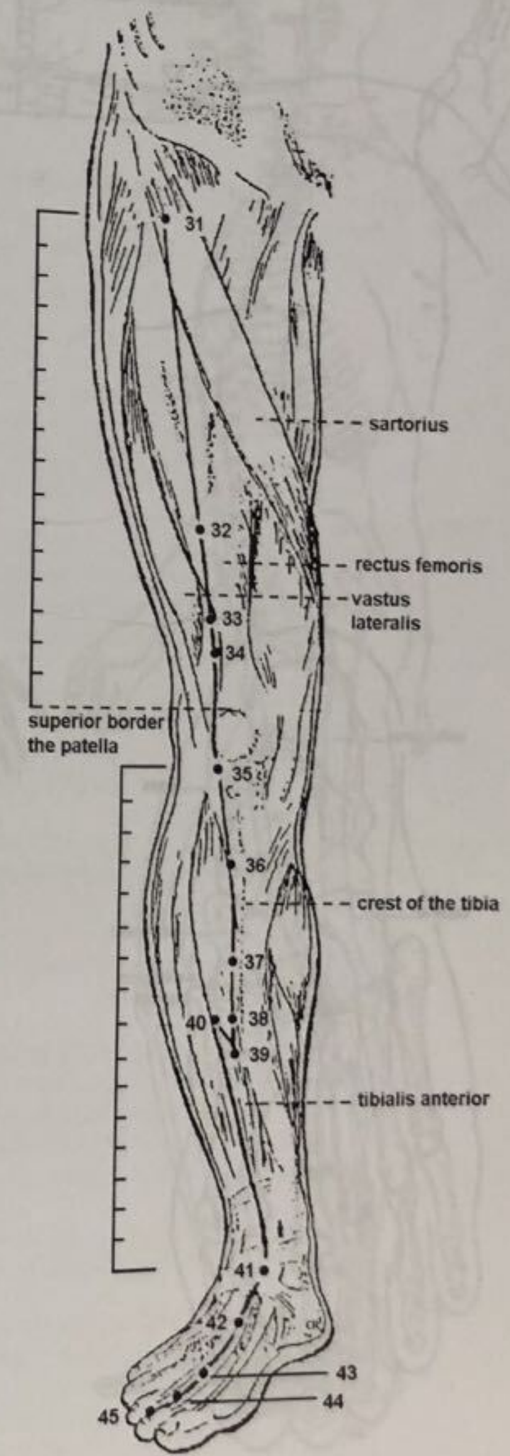

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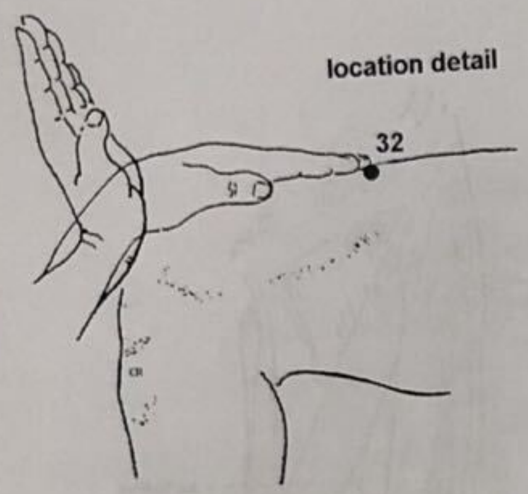

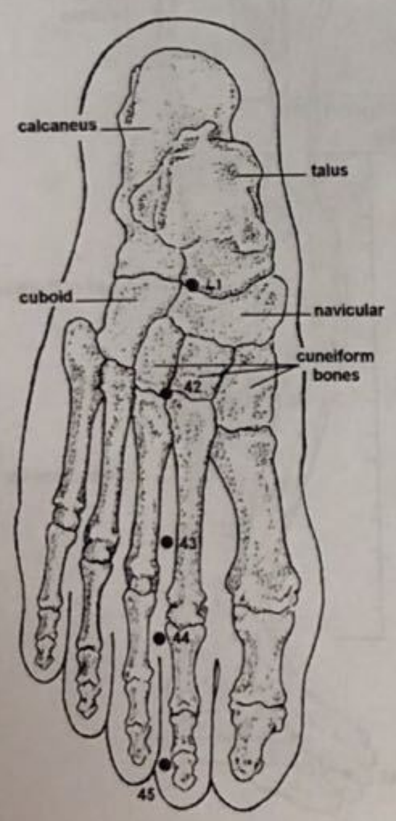

FOOT EXTENDED

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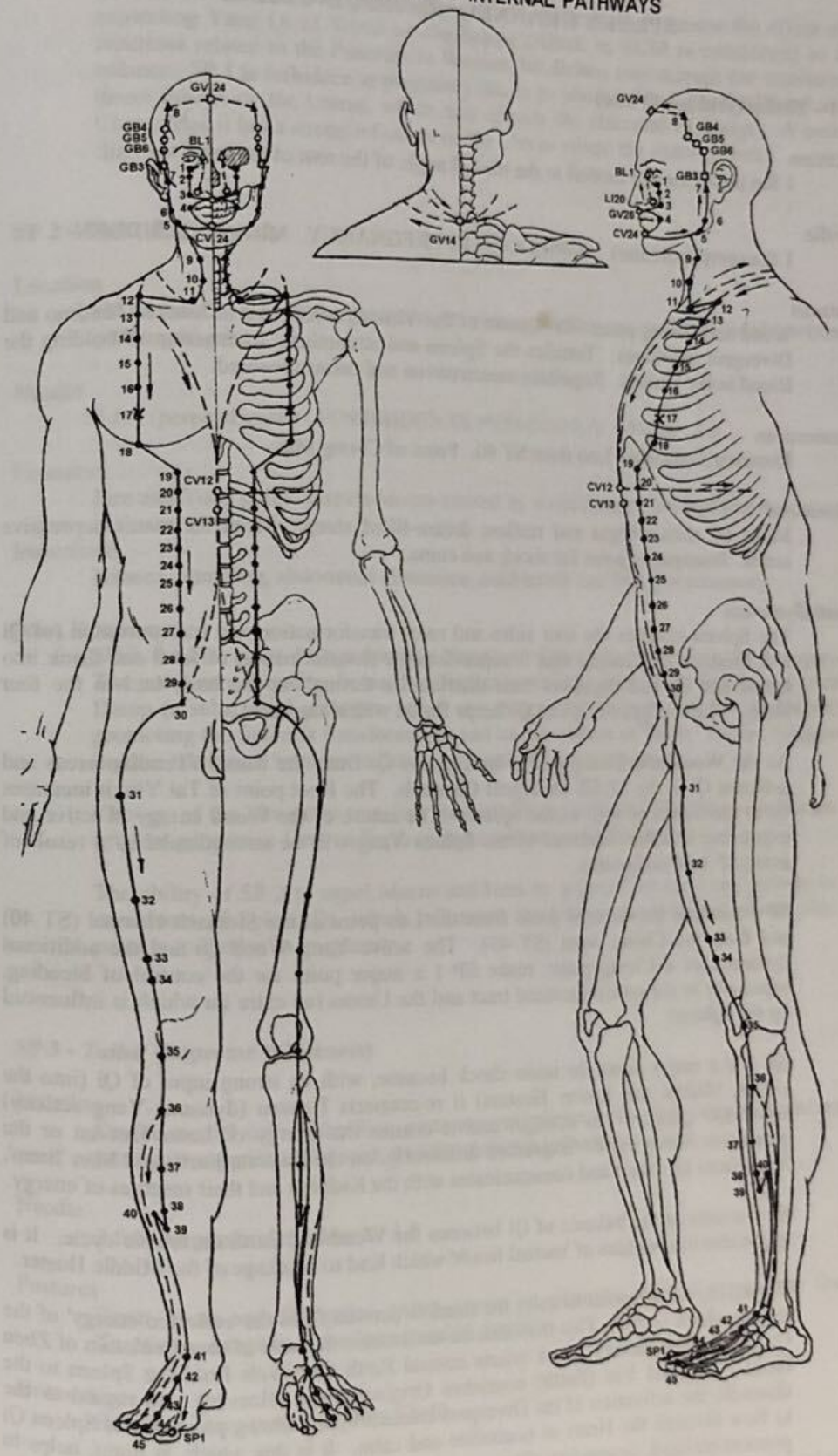
STOMACH MAIN CHANNEL WITH INTERNAL PATHWAYS



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SPLEEN CHANNEL: *ZU TAI YIN PI JING*

SP 1 - *Yinbai* (Hidden White)

Location
1 fen posterior and medial to the medial angle of the root of the great toe-nail.

Needle
1 fen (perpendicular). FORBIDDEN IN PREGNANCY. Moxa - FORBIDDEN

Features
Wood and Cheng point. Root point of Tai Yin. Control point of Muscle/Tendino and Divergent meridians. Tonifies the Spleen and strengthens its function of holding the Blood in the vessels. Regulates menstruation and calms the mind.

Connections
Receives Transverse Luo from ST 40. Point of Chong Mai.

Indications
Moxa for menorrhagia and restless dream-filled sleep. Bleed for manic-depressive states. Emergency point for shock and coma.

Point Dynamics
The Spleen irrigates the four sides and rules transformation and transportation (of Qi and fluids). This means that it supervises the transformation of food and drink into Blood and Qi and regulates their distribution throughout the body and to the four limbs. The strength of Spleen Qi keeps Blood within the vessels.

As the Wood and Cheng point, Sp 1 draws Qi from the Muscle/Tendino areas and activates Qi in the SP/ST Divergent Channels. The Root point of Tai Yin, it increases Qi in the Lungs as well as the Spleen. The nature of the Wood energy is active and expanding and the functions of the Spleen Yang will be strengthened as a result of using SP 1 (Wood point).

SP 1 receives the internal paths from the Luo point of the Stomach channel (ST 40) and from the Cheng point (ST 45). The active Yang Wood Qi and the additional dynamics of a Cheng point, make SP 1 a major point for the control of bleeding, especially in the gastrointestinal tract and the Uterus (an extra Fu which is influenced by the Spleen).

Sp 1 is a major point for acute shock because, with its strong input of Qi (into the Upper, Middle and Lower Heaters) it re-connects Heaven (dynamic-Yang activity) with Man (passive-Yin storage) and re-creates the energy of Later Heaven or the generative Sheng cycle. Expressed differently, on the Heaven, Earth and Man 'Stem', it regulates the Heart and communicates with the Kidneys and their reserves of energy.

Sp 1 assists in the balance of Qi between the Wood and Earth on the Ke cycle. It is applicable in instances of 'mutual insult' which lead to blockage of the Middle Heater.

The ability of the point to calm the mind is derived from the 'reflected energy' of the Spleen which is Fire. This may also be understood in terms of the circulation of Zhen Qi through the Horary Clock where neutral Earth Qi travels from the Spleen to the Heart - Original Yin (Earth) nourishes Original Yang (Heaven). In regard to the channels, the activation of the Divergent channel by the Cheng point causes Spleen Qi to flow through the Heart to neutralise and calm. It is this which, at night, helps to promote tranquil, dream-free sleep.

SP 1 should be used with great caution on a diabetic patient because the effect of the expanding Yang Qi of Wood on the Spleen (which in TCM is considered to fulfil functions related to the Pancreas in Western Medicine) may disrupt the insulin/sugar balance. SP 1 is forbidden in pregnancy due to its action of 'holding the Blood' and its direct impact on the Uterus, which may disturb the placental exchange. A point of Chong Mai, it has a strong influence on the Uterus where the channel rises.

SP 2 - *Dadu* (Big Capital)

Location
On the medial side of the great toe, anterior and inferior to the first (distal) metatarso-phalangeal joint.

Needle
3 fen (perpendicular). FORBIDDEN IN PREGNANCY. Moxa - 3-5.

Features
Fire and Yong point. Expels Mucus caused by weak Spleen. Strengthens the Spleen.

Indications
Nausea, vomiting, abdominal distension, cold hands and feet, poor memory.

Point Dynamics
SP 2, the Fire point, brings dynamic Yang activity into the channel on the Sheng cycle. The point may therefore be used to disperse excessive Heat in the Spleen and to expel Damp (a substantial pathogen which can progress to Phlegm and then to Mucus) by promoting the Spleen's transformation and transportation of fluids. As the Yong point, it gives additional impetus to the movement to Qi in the channel.

The use of the Fire point transfers Heavenly Yang to Earth Yin and re-establishes the original generative Heaven/Earth communication on the Sheng cycle.

The ability of SP 2 to expel Mucus and Heat by giving dynamic Yang activity to the movement of Spleen Qi, which influences the Uterus, suggests the reason why the point is forbidden in pregnancy.

SP 3 - *Taibai* (Supreme Whiteness)

Location
On the medial side of the foot, posterior and inferior to the first metatarso-phalangeal joint, just superior to the tendon of the abductor hallucis muscle

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Earth, Yuan and Shu point. Major point to eliminate internal or external Damp. Tonifies and regulates the Spleen and its function.

Connections
Receives Transverse Luo from ST 40.

Indications
Long term effects of shock, constipation, abdominal distension, undigested food in the stools, bruising, poor memory, muscle wasting.

Point Dynamics

As the Horary, Yuan and Shu point, SP 3 will clear the channel and strengthen the Zang by directing Qi to the organ, circulate Yuan Qi needed in the Spleen's role of transformation and transportation of Blood and Qi and promote its action of nourishing the four sides.

As the Yuan point it receives the Transverse Luo from ST 40 and thus reinforces the Yin/Yang balance of Earth.

The Earth protects the system from pathogenic Damp which causes stagnation and obstruction. By increasing and regulating the Qi of the Spleen and Stomach, the ability of the Earth to remove Internal Damp (through the gastrointestinal tract) and to disperse External Damp (through the channels) is promoted.

Long term disturbances which were originally caused by shock can be reduced by the action of SP 3. It promotes the transformation and transportation of Qi and Blood to the four sides which strengthens all the organs and the Jing Luo. It re-establishes communication between Heaven (Fire) and Man (Water) the primary 'Stem' of the individual which is damaged by shock and it re-activates the transformation of Yang to Yin (Metal) and Yin to Yang (Wood) through its Sheng cycle relationship with Metal (Five Element) and with Wood (Proper Food). The nature of Spleen energy is to rise, but this point is said to direct the Qi downwards from (Heaven) the head to (Earth) the Spleen, where it can flow outwards again to irrigate the four sides.

SP 4 - *Gongsun* (Grandfather and Grandson)

Location

On the medial side of the foot, anterior and inferior to the articulation of the first metatarsal bone, in a depression superior to the tendon of the abductor hallucis muscle

Needle

3 fen (perpendicular). Moxa - 3

Features

Luo point. Master point of Chong Mai. Coupled point of Yin Wei Mai. Strengthens the function of Chong Mai. Harmonizes the function of Stomach and Spleen. Eases intestinal pain.

Connections

Transverse Luo to ST 42 and ST 45.

Indications

Pain above the umbilicus, lower back pain, dizziness, headaches, menstrual disorders.

Point Dynamics

As the Luo point, SP 4 regulates the energy of Earth's Yin/Yang balance through the pathways connecting it with ST 42 (Yuan point) and ST 45 (Cheng point).

It is the Master Point of Chong Mai (Penetrating Vessel) which is the 'source' channel of the Eight Extra Channels. Chong Mai arises in the area of the Kidneys and passes through the Uterus. The action of SP 4 is therefore widespread (irrigates the four sides) as it unites both pre-natal and post-natal Qi. Due to the pathways and functions of the Spleen and Chong Mai, it acts to increase and regulate Qi and Blood; tonify the Kidneys; clear the system, especially the lower spine and abdomen of all obstructions which cause pain and it unites the Qi of Heaven, Earth and Man. This point regulates all the organs of the body and expels perverse Qi from the deepest levels of the Jing

Luo ... it therefore acts on the organs to disperse physical and emotional stresses which endanger the Heart and it restores the distribution and strength of Qi and Blood.

It is the Couple Point for Yin Wei Mai and, when used together, these two Eight Extra Channels have a powerful regulatory and restorative function throughout the organ/channel system.

SP 5 - *Shangqiu* (Merchant Mound)

Location

Find the inferior border of the medial malleolus (being sure that it is the tibial edge and not lower), draw a horizontal line below and a vertical line down the anterior edge of the medial malleolus, the point is where the lines intersect in a depression medial to the tendon of the tibialis anterior muscle and anterior to the deltoid ligament.

Alternative location - Van Buren: Between the tendons of the tibialis anterior muscle and the hallucis longus muscle, anterior and inferior to the medial malleolus. Wu Wei Ping locates the point as above (V.B.) but superior to the medial malleolus.

Needle

3 fen (perpendicular). Moxa 3-7

Features

Metal and Jing point. Eliminates Damp. Strengthens Spleen and Stomach function. Special point for joints.

Indications

General point for rheumatism, ankle and foot disorders.

Point Dynamics

As the Metal point of the Spleen channel, SP 5 unites Tai Yin (Lung and Spleen). This connection with Metal increases the dynamic action of Qi within Earth and increases its ability to move obstructions - especially from the joints. The articular surfaces and synovial fluid relate to the Spleen.

Sp 5 is the Jing point and therefore energy is transported into the surrounding tissue so that it is especially indicated for problems of the foot and ankle.

SP 6 - *Sanyinjiao* (Reunion of Three Yin)

Location

On the anterior/medial aspect of the leg, 3 cun above the 'tip' (medial extremity) of the medial malleolus, just posterior to the border of the tibia.

In some texts the location of this point is measured from the inferior border of the malleolus, in which case the point is 4 cun above it.

Needle

FORBIDDEN IN PREGNANCY. 4 fen (perpendicular or toward GB 39). Moxa 3-10

Features

Meeting point of the lower Yin meridians. Strengthens Spleen to eliminate Damp. Helps Spleen and Stomach function and stimulates the circulation of Blood and Qi. Removes obstructions from the Jing Luo. Benefits Liver and Kidney function.

Connections
LR and KI.

Indications
Pain below the umbilicus, insomnia, menstrual disorders, diarrhoea, sterility.

Point Dynamics
The Spleen channel unites with the main channels of Liver and Kidneys at this point so it may be used to regulate the Qi within the three lower Yin and to remove obstructions.

One of the interesting aspects of Sp 6 is that its function differs according to the sex of the patient. This can be understood when it is recalled that the Liver, Spleen and Kidneys combine to control the reproductive organs. Liver and Kidney (more active in male reproduction) are regulated by the use of this point and with male patients this calms a wiry pulse, disperses excessive Liver energy and reduces emotional stress. Kidney and Spleen (more active in female reproduction) are regulated, which relieves irregular and painful menstruation and clears oedema, especially of the Lower Heater.

If one of the three lower Yin is too weak to 'hold' energy, then the Qi, rather than being regulated and strengthened, may be drained from the weak organ by the activation of this 'communicating' point. (This can only be ascertained by taking the pulse after the needle is inserted.) In such instances it is better to use the Yuan point of the weak Zang to strengthen it.

The use of SP 6 in skin disorders can be understood through the relationship of Spleen and Lung (Tai Yin) and perverse Qi entering the Division (at this point) from the Kidney and Liver channels.

SP 7 - *Lougu* (Leaky Valley)

Location
3 cun above SP 6 on the anterior/medial leg, just posterior to the border of the tibia (6 cun above the tip of the medial malleolus).

Needle
4 fen (perpendicular). Moxa - FORBIDDEN

SP 8 - *Diji* (Earth Organ)

Location
5 cun below the popliteal crease at the medial border of the tibia. The point is 3 cun below SP 9.

Needle
4 fen (perpendicular). Moxa - 3-7

Features
Xi-Cleft point. Regulates Blood. Adjusts the energy of the Uterus.

Indications
Special point for acute uterine disorders and menstruation. Use with LI 4 for dysmenorrhoea.

Point Dynamics
This is the Xi-Cleft point where Zhen Qi accumulates and this reserve may be activated to clear the channel. Its major action is on the Uterus. Heat will be felt at this point and it will be painful with pressure if there is an obstruction of Qi in the Uterus leading to inflammation.

SP 9 - *Yinlingquan* (Fountain of Yin Spring)

Location
At the inferior border of the medial condyle of the tibia in the depression which is at the lower level of the tibial tuberosity. The point is frequently sensitive to pressure.

Needle
5-8 fen (perpendicular or toward GB 34). Moxa - FORBIDDEN

Features
Water and He point. Eliminates Damp-Heat from the Lower Heater. Clears blockages and congestion.

Indications
Stones in the urethra (SP 9, BL 28 and BL 23, strong sedation on all points).

Point Dynamics
The activation of SP 9, the Water and He point, cools Heat and removes stagnant Damp, especially in the Lower Heater. It clears blockages by increasing the Spleen's ability to regulate and move fluids.

Used together, SP 9 and GB 34 (Mating of Unlike Stems) increases the energy of Earth to regulate the system; promotes the Spleen's transformation and transportation of fluids; eliminates Damp; and harmonizes the energy exchange of Wood and Earth. This point combination is good to treat patients with chronic conditions of Damp Heat obstructing the Middle Heater.

SP 10 - *Xuchai* (Sea of Blood)

Location
The middle of the bulge of the vastus medialis muscle, 2 cun above the superior border of the patella. Locate by placing the palm of the right hand over the left patella (facing the patient who should have his knee bent); the point is where the tip of the thumb rests - see diagram.

NOTE: When this type of location method is used the differing size of the patient and practitioner should be considered, for example; if the patient is tall and the practitioner is short, the point will be somewhat distal to the thumb tip.

Alternative location: Van Buren locates SP 10 at the same level but between two tendons (unspecified), while Wu Wei Ping places the point at 3 cun above the articulation (which is approximately at the same level) but 'posterior to the sartorius' - this is probably a mistranslation of the text, as he also refers to it as on the 'anterio-medial aspect of the thigh' and his diagram shows it as anterior to the sartorius.

Needle
3-5 fen (perpendicular). Moxa - 3-7

Features
Dispels Wind and Heat from the Blood. Cools the Blood and regulates its circulation. Special point for Blood.

Connections
Point of Chong Mai.

Indications
Moxa to tonify Blood.

Point Dynamics
This point immediately follows the area where the Spleen's ability to cool and move fluids is strongest (SP 9, Water and He point) and where the Qi has started to move inwards. At SP 10 the channel again unites with Chong Mai (also known as the Sea of Blood). Wind and Heat make the Blood reckless but the energy from Chong Mai (which carries nourishing Qi) and the Yin influence now circulating in the Spleen Qi harmonizes and calms the movement of the Blood and disperses the pathogens. Moxa on SP 10 does not 'Heat' the Blood (unless it is stagnating through Internal Cold), but provides dynamic Yang activity for its protection and movement.

SP 11 - *Jimen* (Screen Door)

Location
6 cun above SP 10 and 8 cun above the superior border of the patella. The point is medial to the sartorius muscle on the femoral artery in a depression.

Needle
5 fen (perpendicular). Moxa 3

SP 12 - *Chongmen* (Rushing Door)

Location
On the lower abdomen 3.5 cun lateral to the midpoint of the superior border of the pubic symphysis (lateral to the femoral artery).

Alternative location - Wu Wei Ping: 4.5 cun from the anterior median line.

Needle
7 fen (perpendicular). Moxa - 5

Features
Releases Yuan Qi.

Connections
Divergent meridian branches from this point. Receives branch of LR.

Point Dynamics
Sp 12, as with other points in the area of the lower abdomen, releases Yuan Qi - the pre-natal catalyst Qi needed in the production of post-natal Qi from food, water and air. The Spleen Divergent Channel passes through this point to travel to the Stomach, Spleen, Heart and up to BL 1, while a branch links with ST 30 (the major point for circulating Yuan Qi) and the Stomach Divergent Channel - which follows a similar path to BL 1. The internal pathway of the Liver channel connects with this point, then goes to SP 13.

SP 13 - *Fushe* (Mansion of the Fu)

Location
7 fen above SP 12 and 4 cun from the midline.

Alternative location - Wu Wei Ping: 1 cun above SP 12.

Needle
7 fen (perpendicular). Moxa - 5-15

Connections
LR and Yin Wei Mai.

SP 14 - *Fujie* (Abdominal Knot)

Location
4 cun lateral to the midline, 1.3 cun below SP 15 and 3.7 cun above the superior border of the pubic symphysis.

Alternative location - Wu Wei Ping: 4 cun above the superior border of the pubic symphysis.

Needle
7 fen (perpendicular). Moxa - 5-15

SP 15 - *Daheng* (Big Transversal)

Location
4 cun lateral to the midline at the level of the umbilicus and directly below the nipple.

Needle
10 fen (perpendicular). Moxa - 5-10

Connections
Yin Wei Mai.

Indications
Abdominal distension.

Point Dynamics
This is a point of connection with Yin Wei Mai, which may be used to reinforce the action of ST 25 in calming and clearing the intestines and in cases of severe diarrhoea.

SP 16 - *Fuai* (Sorrow of the Abdomen)

Location
4 cun lateral to CV 11 and 3 cun above SP 15.

Needle
7 fen (perpendicular). Moxa - 5-10

Connections
Yin Wei Mai.

SP 17 - *Shidou* (Food Recipient)

Location
6 cun lateral to the midline in the 5th intercostal space.

Needle
3 fen (oblique). Moxa - 5

SP 18 - *Tianxi* (Heavenly Valley)

Location
6 cun lateral to the midline in the 4th intercostal space.

Needle
3 fen (oblique). Moxa - 5

SP 19 - *Xiongxian* (Chest Village)

Location
6 cun lateral to the midline in the 3rd intercostal space.

Needle
3 fen (oblique). Moxa - 5

SP 20 – *Zhourong* (Encircling Glory)

Location
6 cun lateral to the midline in the 2nd intercostal space.

Needle
3 fen (oblique). Moxa - 5

SP 21 - *Dabao* (Big Enveloping)

Location
On the mid axillary line in the 6th intercostal space. Locate the inferior edge of the 10th rib and count up 4 rib spaces, then slide finger around to the mid-axillary line.

Needle
3 fen (oblique). Moxa - 3-7.

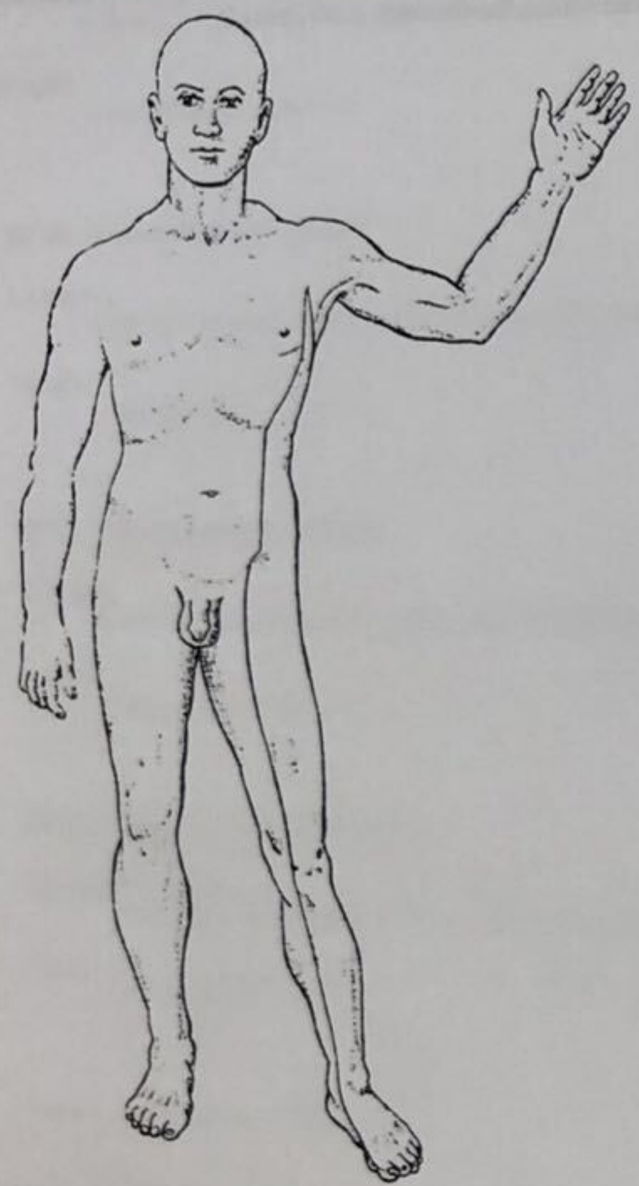
Features
Great Luo of Spleen - spreads on the chest. Balances left and right, internal and external energy.

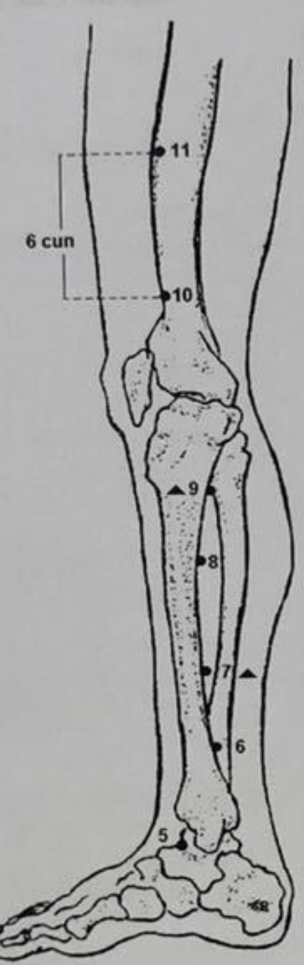
Connections
All Luo meridians. Main meridian flows internally to LU 1.

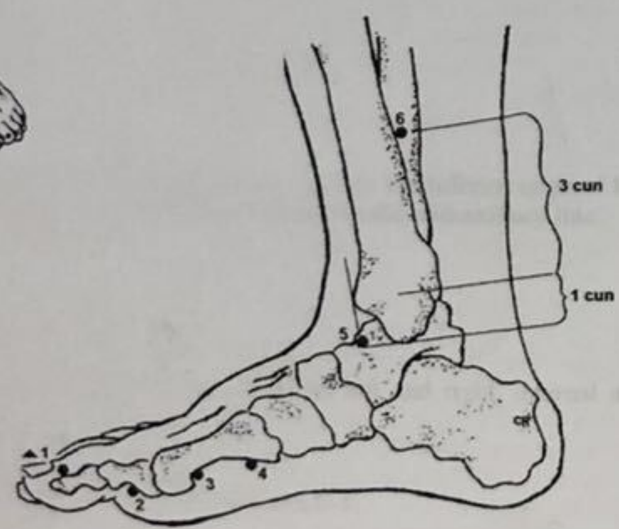
Point Dynamics
As the Great Luo of Spleen, SP 21 regulates the Qi of the Luo Mai; therefore it exercises a strong harmonizing and strengthening action throughout the system. It also

aids on the Spleen's function of ruling (and moisturising) the flesh (via the Fine Luo - Wei Qi) and in irrigating the four sides. From this point the channel unites with arm Tai Yin at LU 1, then travels to the mouth. It can be seen that, through the connection with LU 1, the Spleen also influences the distribution of (Zhen) Qi.

SPLEEN SURFACE CHANNEL







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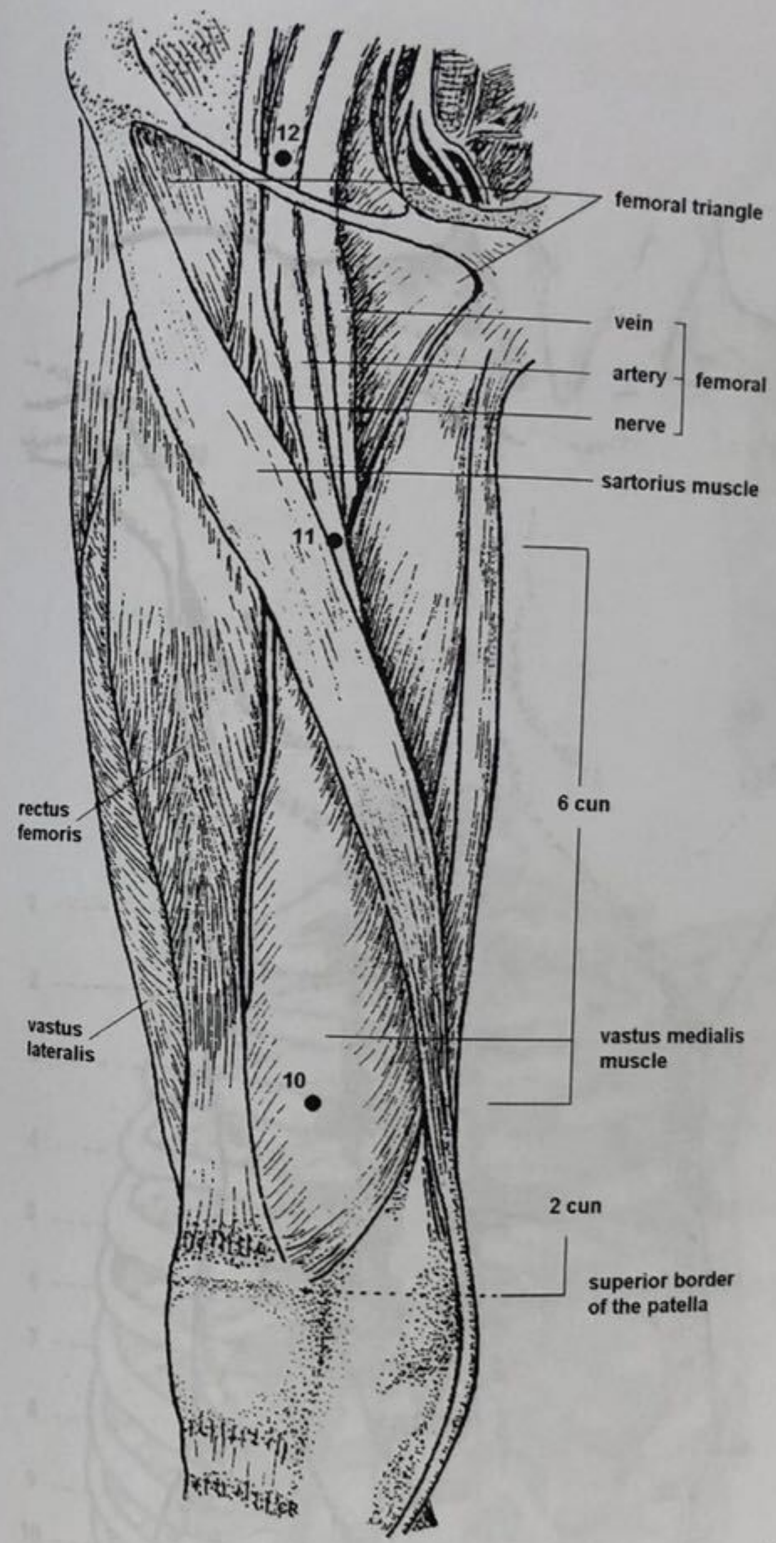

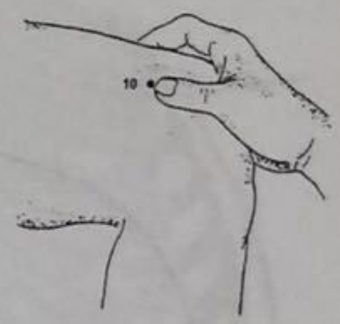

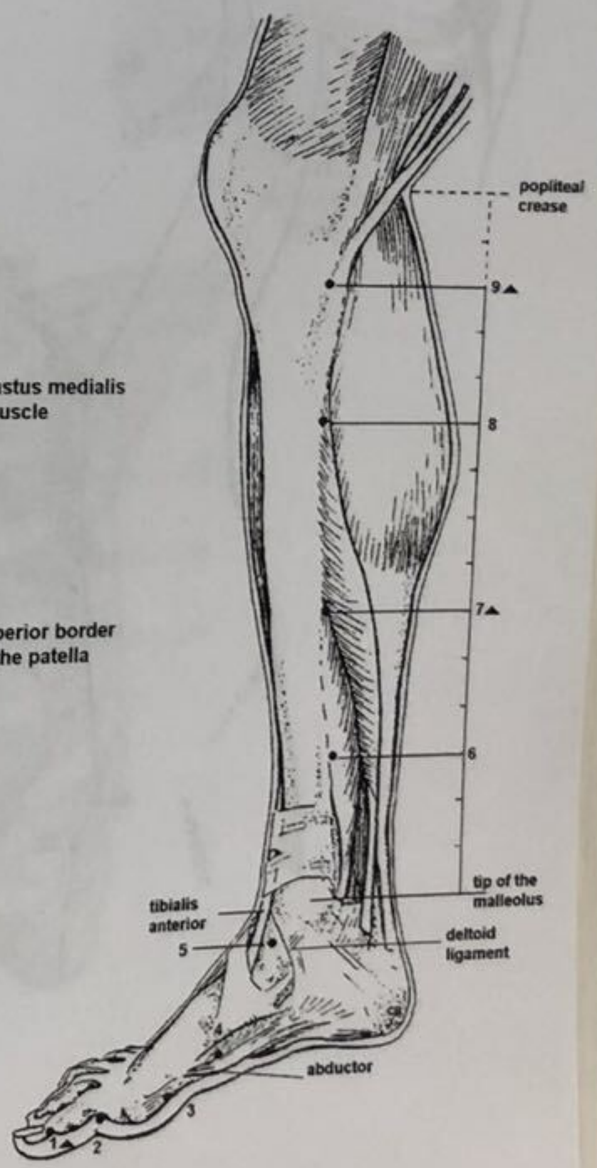

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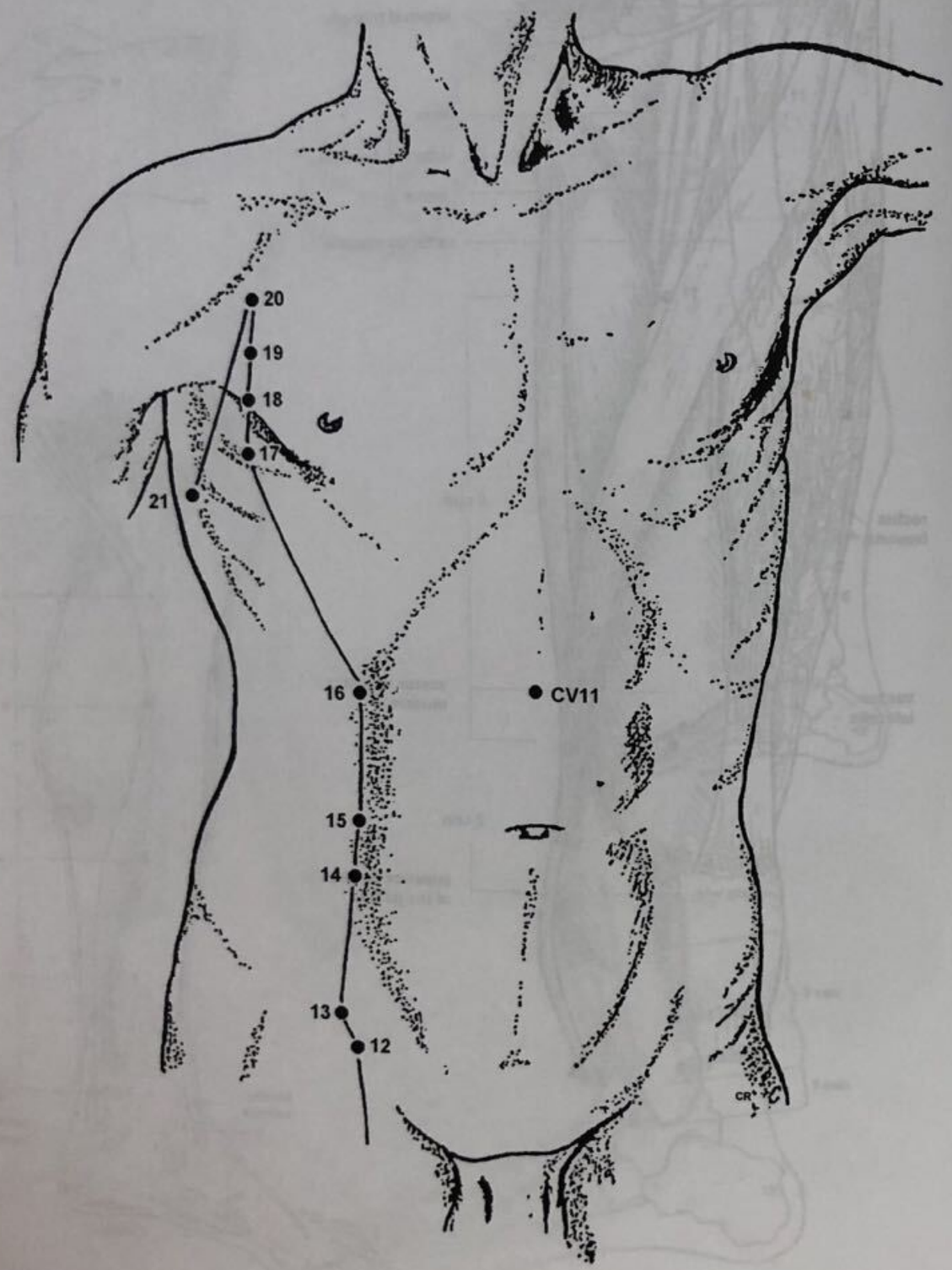

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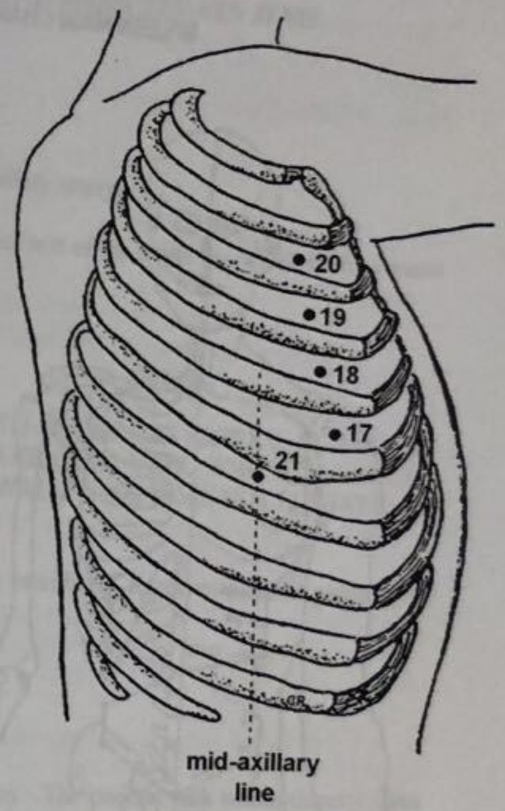
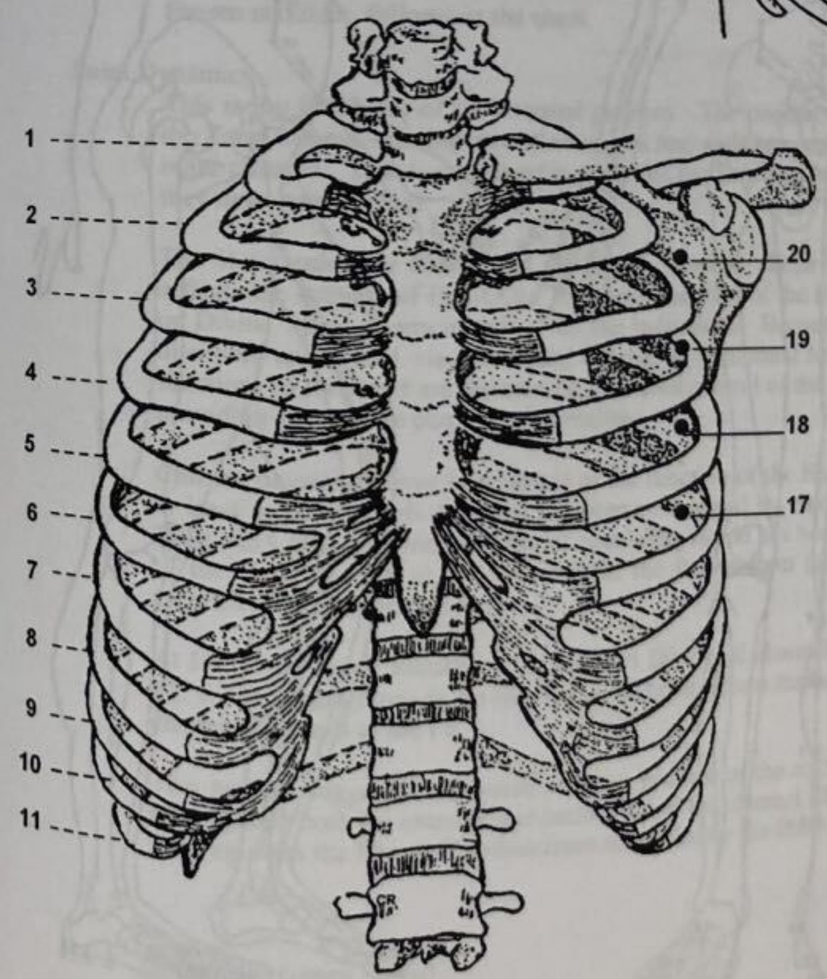
SPLEEN





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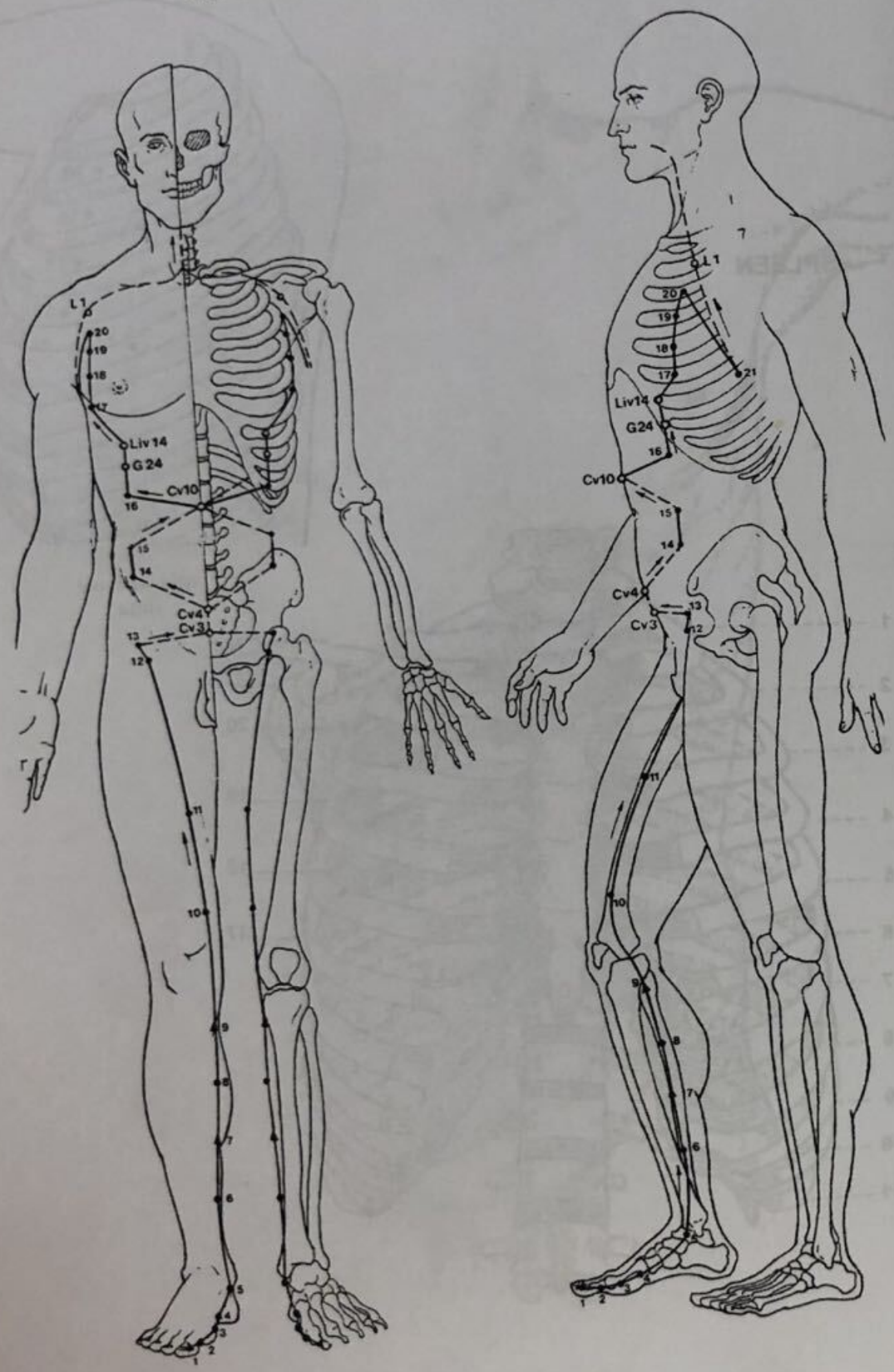
SPLEEN MAIN CHANNEL WITH INTERNAL PATHWAYS



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HEART CHANNEL: *SHOU SHAO YIN XIN JING*

HT 1 - *Jiquan* (Extreme Fountain)

Location

At the centre of the axilla, medial to the axillary artery.

Alternative location - Wu Wei Ping: At the base of the axilla (by which he may mean the same thing) on the artery.

Needle

5 fen (perpendicular). Moxa - 5

NOTE: THE PRACTITIONER IS WARNED TO AVOID THE ARTERY, BUT IS FAR MORE LIKELY TO PIERCE THE AXILLARY VEIN, WHICH IS LARGER THAN THE ARTERY, HAS SOFTER WALLS, AND DOES NOT PULSATE.

Connections

Lower Meeting point of HT/SI Divergent meridian. Receives internal pathway of meridian from the Zang.

Indications

Frozen shoulder, fullness in the chest.

Point Dynamics

This is the first point of the external pathway. The internal path comes directly from the Zang without entering any other organs and without connecting with points of any other channel. This is explained in terms of the Emperor never visiting his subjects, they must come to him.

The Heart rules the Blood and the Blood Vessels. Their health and smooth flow reflects the strength of Heart Qi. The major function of the Heart is to house the Shen or Divine Spirit (Consciousness) of the individual. Because of this, psychological disorders are treated via the Heart, indeed, in traditional terms, the most important functions of the Heart are the smooth, balanced control of the emotions and the task of providing an accurate perception of reality.

Chinese physicians have been aware of the function of the Heart organ as a 'pump' for at least as long as this function has been recognised by medical practitioners in the West. In China however, the role of circulating Blood has been ascribed to the energy of the Yang Kidney or, in other words, the Pericardium (also known as the Heart Constrictor or Circulation-Sex).

At HT 1, the Small Intestine and the Heart Divergent channels meet and travel up to BL 1. They pass through the Heart where a branch from the Small Intestine Divergent channel descends to the Fu.

This point is suggested for frozen shoulder because of the ability of the point to clear and regulate both the external and internal Qi of the channel. Being at a major joint it also regulates the Muscle/Tendino areas controlled by the Heart.

HT 2 - *Quingling* (Green Spirit)

Location

3 cun above the transverse cubital crease on the medial aspect of the arm, in the groove which runs beside the biceps brachii.

Alternative location - Wu Wei Ping: Within the biceps at the same height.

Needle
FORBIDDEN. Moxa - 5

HT 3 - *Shaohai* (Yellow Sea)

Location
In the depression, which forms when the arm is bent, between the medial end of the transverse cubital crease and the medial epicondyle of the humerus.

Alternative location - Wu Wei Ping: At the internal extremity of the flexure (approximately 5 fen lateral to the College location).

Needle
2-3 fen (perpendicular). Moxa - 3-5

Features
Water and He point. Calms the Shen. Relaxes the tendons (nerves). Tonifies the general Luo Mai.

Indications
Depression, tension and emotional stress.

Point Dynamics
The Water and He point of the channel takes Yin Qi inwards (to the organ) which calms Heart Fire - it therefore has a pacifying effect on the Shen. Its calming Yin action relaxes the nervous system if it is under stress and calms the tension experienced through any need to suppress emotions.

HT 3 tonifies the Luo Mai and clears the vessels because the nourishing Yin of Water is directed to the Heart to act on the dynamic Yang of Fire - this creates a Yin/Yang balance throughout the entire system. This in turn, nourishes Earth (on the Sheng cycle) which irrigates the four sides and controls the flesh. It is said that the well-being of Heart Qi shows in the complexion. If the Luo Mai are healthy, then the Fine Luo will warm and moisturise the flesh and the skin, giving a healthy glow to the complexion.

HT 4 - *Lingdao* (Route of the Spirit)

Location
1.5 cun above HT 7 (or wrist crease) on the ulnar artery, radial side of the flexor carpi ulnaris tendon.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Metal and Jing point.

Point Dynamics
The Metal and Jing point is used for local problems because the Qi leaves the channel to enter the surrounding tissues. The Metal energy is contracting so it will also calm and 'hold' Heart Fire.

HT 5 - *Tongli* (Communication with the Interior)

Location
1 cun above HT 7 (or wrist crease) on the ulnar artery and 5 fen below HT 4, radial side of the flexor carpi ulnaris tendon.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Luo point. Calms the Shen and regulates Heart Qi.

Connections
Transverse Luo to SI 4 and SI 1.

Indications
Slows the pulse. Major point for aphasia.

Point Dynamics
As the Luo point of the Heart channel, there are pathways from this point to SI 4 and SI 1 - there is also a Longitudinal Luo which rises up the arm, crosses the chest and extends to the eye. As the Luo point, HT 5 will establish the Yin/Yang balance within the Fire Element, dispersing perverse Heat through Tai Yang (Small Intestine and Bladder).

HT 5 regulates Heart Qi and is calming. There is a fear among some practitioners of weakening the Heart by drawing Qi from the organ. Perverse Qi may be sedated quite safely however, by the use of this point in conjunction with the Yuan point of the Yang partner (SI 4). This ensures that the Yang is tonified while the perverse energy in dispersed. The ability of this point to disperse perverse Qi (usually Heat) gives the point its characteristic feature of 'slowing the pulse'. It is usually suggested in cases of Heart Fire excess with symptoms of hysteria - (hysterical aphasia, palpitations due to nervous fright).

HT 6 - *Yinxi* (Yin Accumulation)

Location
5 fen above HT 7 (or wrist crease) on the ulnar artery and 5 fen below HT 5, radial side of the flexor carpi ulnaris tendon.

Needle
3 fen (perpendicular). Moxa - 3-7

Features
Xi-Cleft point. Eliminates Mucus and Phlegm from the Heart. Tonifies the Yin of the Heart.

Indications
Night sweating (with KI 7). Acute emotional stress.

Point Dynamics
The Xi-Cleft point is where Zhen Qi collects which can be used in acute conditions. HT 6 gives momentum to this additional Qi so that it can disperse Mucus and Phlegm from the Heart (a definition of madness in Chinese Medicine is Phlegm Misting the Heart). This form of insanity is due to a blockage of the Upper Heater (Lung and Heart) with Phlegm rising from the Middle Heater (Spleen) and insufficient Qi to cool

the Heart or to clear the obstruction. Therefore the Shen cannot express its true desires and becomes agitated (furious madness).

Kidney Yin deficiency causes night sweating - sweat is the 'Blood of the Heart' - and excessive, unproductive sweating of this type further weakens Heart Yin. The use of HT 6 (to strengthen Heart Yin) and KI 7 (supplies contracting (Yin) and drying Metal energy on the Sheng cycle) to tonify Kidney Qi, will stop the sweating and restore the Heart.

HT 7 - *Shenmen* (Spirit Door)

Location
On the wrist crease at the proximal border of the pisiform bone, in the depression at the radial side of the flexor carpi ulnaris tendon.

Needle
3 fen (perpendicular). Moxa - 5-7

Features
Earth, Yuan and Shu point. Major point for the Shen.

Connections
Receives Transverse Luo from SI 7.

Indications
Psychological disorders and insomnia.

Point Dynamics
Named 'Gate of the Shen', this is the Yuan, Earth and Shu point which takes Qi into the Heart, so it can be understood why HT 7 is the major point for calming and restoring the Shen and its emotional control of the entire system. It is often used with HT 3 for severe emotional problems and insomnia.

As the Yuan point, it receives the Transverse Luo Mai from SI 7, so it assists in the Yin/Yang balance of the Fire element.

HT 8 - *Shaofu* (Small Fu)

Location
On the palmar surface between the 4th and 5th metacarpal bones. When making a fist the point lies between the tips of the ring and little fingers on the 'heart' line.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Fire and Yong point. Calms the Shen and regulates Heart Qi.

Point Dynamics
The Fire and Yong point is used to calm the Heart (disperse Heat) and give movement to the Qi within the channels.

As the Horary point of the channel it will clear the organ and the channels and regulate the movement of Qi through the Chinese Clock. The Heart - Shao Yin (Midday) and the Gall Bladder - Shao Yang (Midnight) between them control the tidal movement of

Yin and Yang on the day/night cycle. Qi is active and external during the day then travels inward at night and becomes relatively passive and internal. Wei Qi, the protective Qi of the body is stored in the Liver but is circulated by the Gall Bladder and starts to rise toward the surface of the body from midnight.

HT 9 - *Shaochong* (Small Assault)

Location
1 fen lateral and posterior to the lateral (anatomical position) angle of the root of the nail of the little finger.

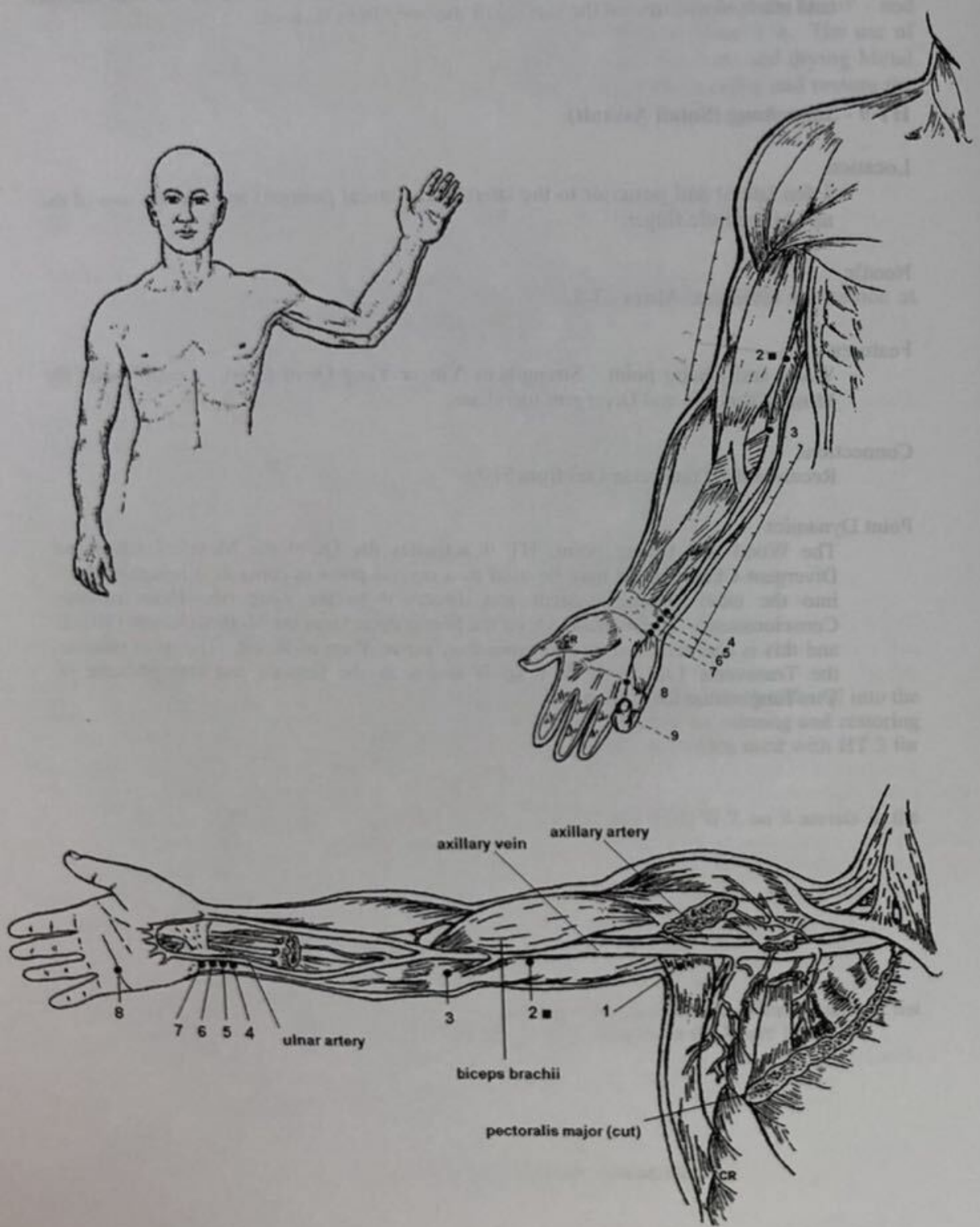
Needle
1 fen (oblique). Moxa - 3-5

Features
Wood and Cheng point. Strengthens Yin or Yang Qi of Heart. Control point for Muscle/Tendino and Divergent meridians.

Connections
Receives the Transverse Luo from SI 7.

Point Dynamics
The Wood and Cheng point, HT 9 activates the Qi of the Muscle/Tendino and Divergent Channels. It may be used as a revival point in coma as it brings extra Qi into the main channel system and directs it to the Zang (the Heart controls Consciousness). It also draws Qi on the Sheng cycle from the Mother element (Wood) and this is characterised by the expansive, active Yang of Wood. The point receives the Transverse Luo from SI 7 so it assists in the balance and strengthening of Yin/Yang within the system.

HEART SURFACE CHANNEL



Anterior arm with muscle cut sections

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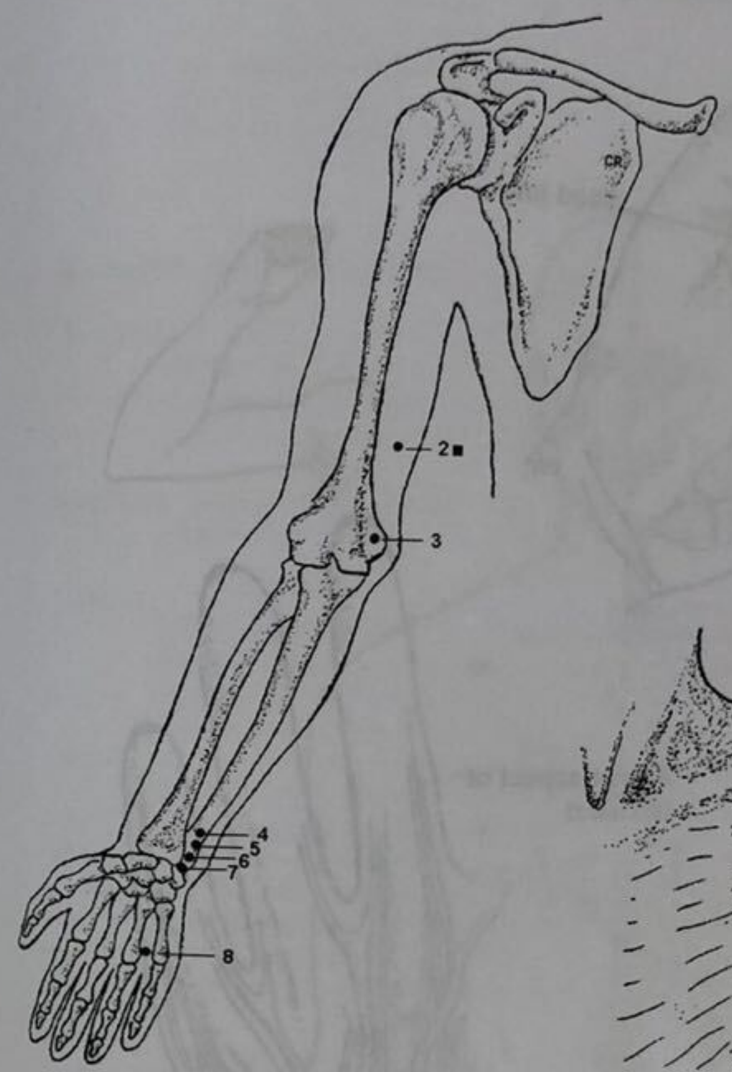

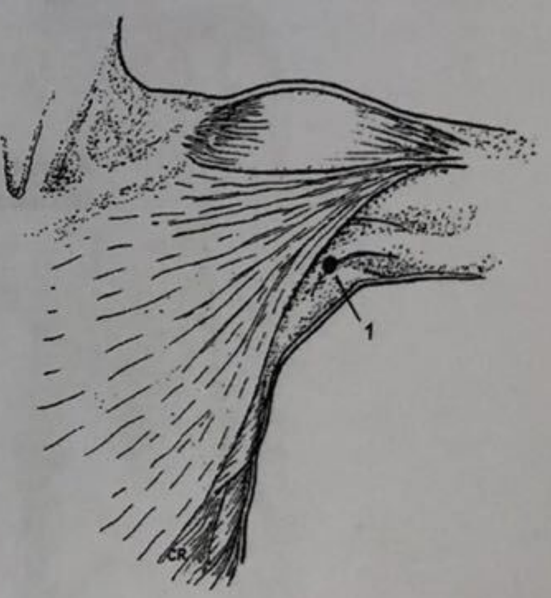

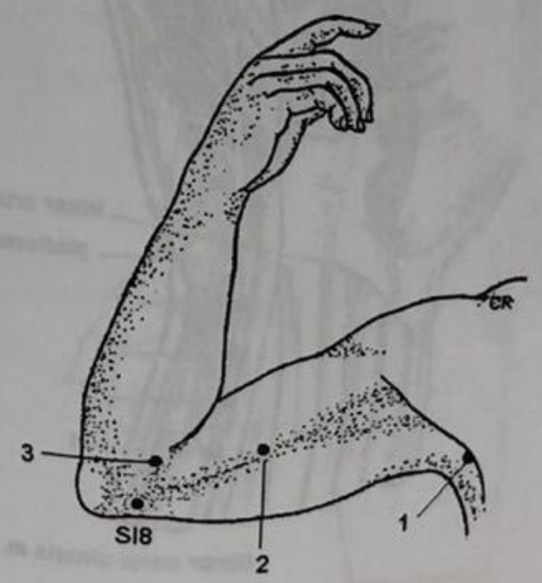

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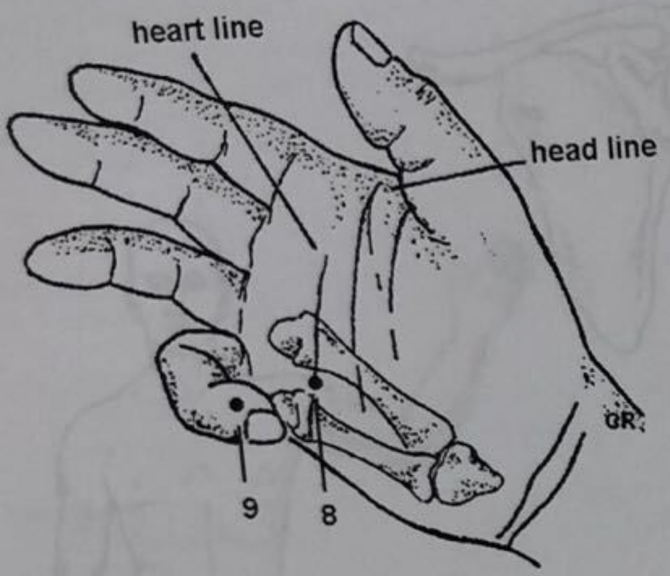

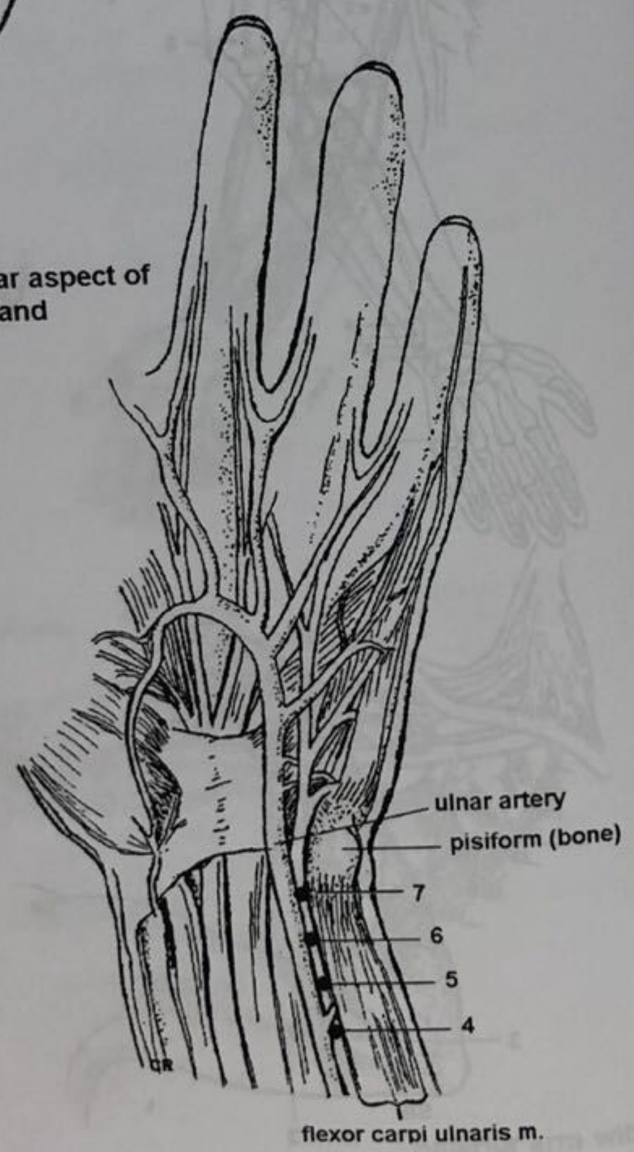

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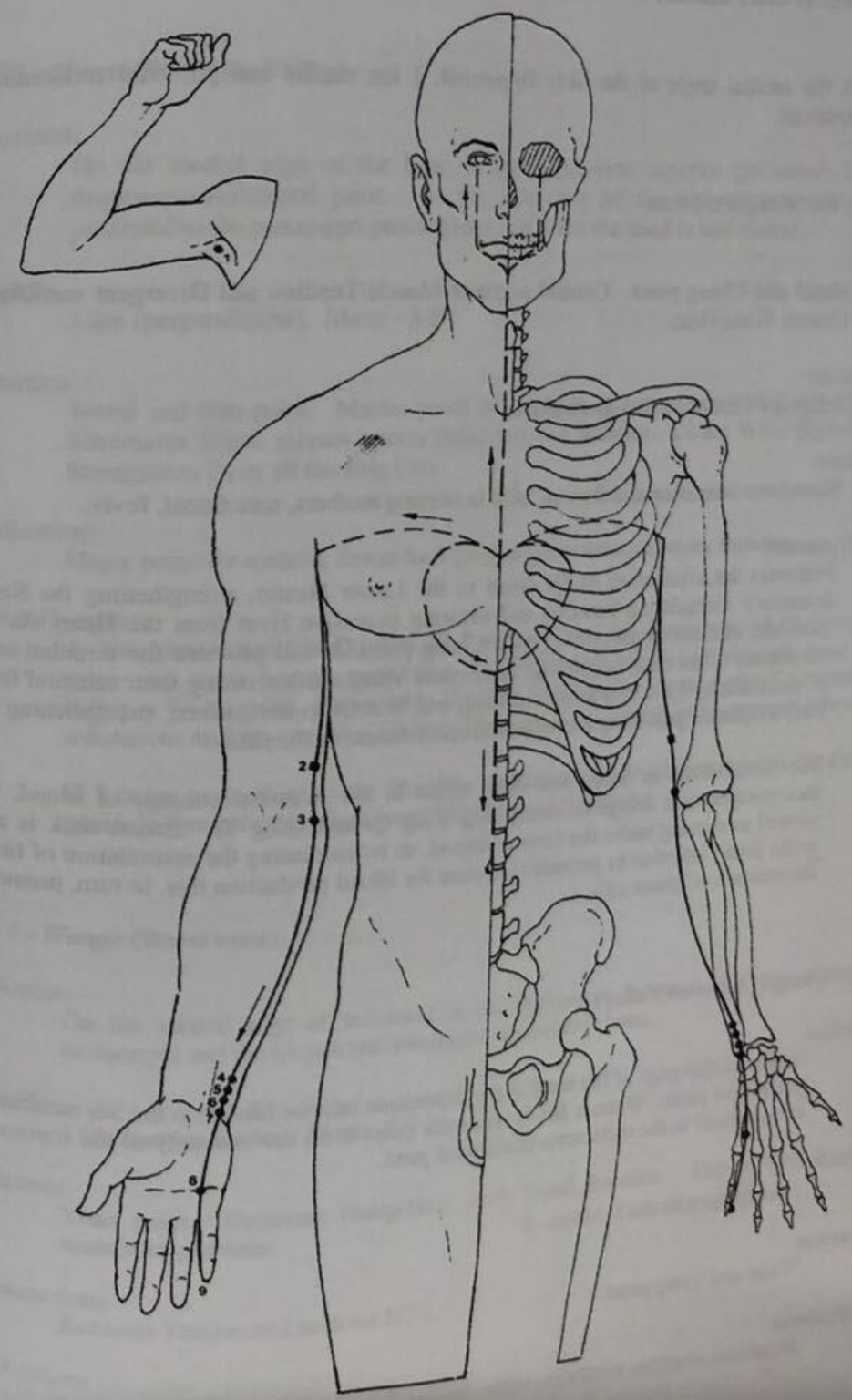
HEART MAIN CHANNEL WITH INTERNAL PATHWAYS



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SMALL INTESTINE CHANNEL: *SHOU TAI YANG XIAO CHANG JING*

NOTE: All points are located in the anatomical position (palms held to the front).

SI 1 - *Shaoze* (Lesser Marsh)

Location
At the medial angle of the little fingernail, 1 fen medial and posterior (anatomical position).

Needle
1 fen (oblique). Moxa - 3-5

Features
Metal and Cheng point. Control point of Muscle/Tendino and Divergent meridians. Dispels Wind-Heat.

Connections
Receives Transverse Luo from HT 5.

Indications
Stimulates formation and flow of milk in nursing mothers, sore throat, fever.

Point Dynamics
Promotes the circulation of Qi down to the Lower Heater, strengthening the Small Intestine's assimilation function and clearing excessive Heat from the Heart via the Luo Mai channel connection. As a Cheng point, it will promote the circulation of substances to the outside, making them more Yang and increasing their rate and force of circulation. This will raise the Yang and Wei Qi to the surface, strengthening the body's defence, providing moisture and nourishment to the skin.

The term Blood in TCM not only refers to the Western concept of blood, but incorporates such things as nourishing Ying Qi and Qing Yi. Breast milk is also viewed as coming under the term of Blood, so by increasing the assimilation of fluids in the Small Intestine to provide resources for Blood production this, in turn, promotes the creation of breast milk.

SI 2 - *Qiangu* (Anterior Valley)

Location
On the medial edge of the hand in the depression inferior (distal) to the 5th metacarpo-phalangeal joint. When a fist is made the point is on the extremity of the transverse crease, distal to the metacarpo-phalangeal joint.

Needle
1 fen (perpendicular). Moxa - 3

Features
Water and Yong point.

Indications
Headache, tinnitus, numbness of the fingers.

Point Dynamics
SI 2 will promote the communication through Tai Yang to dispel Heat from the Heart. As a Yong point, it will promote the circulation of substances to the Kidney from the Small Intestine, aiding the Kidney's control of the Fire and making the Liver more Yin, thus preventing Liver Yang Rising or Liver Fire Blazing. The fact that it is also a Water point reinforces this action as it will have a cooling effect on the body generally.

SI 3 - *Houxi* (Posterior Valley)

Location
On the medial edge of the hand in the depression superior (proximal) to the 5th metacarpo-phalangeal joint. At the extremity of the transverse crease which is proximal to the metacarpo-phalangeal joint when the hand is half closed.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Wood and Shu point. Master point of Du Mai. Coupled point of Yang Qiao Mai. Eliminates Wind, relaxes nerves (tendons) and muscles. Clears Wind from Du Mai. Strengthens Qi of all the Jing Luo.

Indications
Major point for malaria, lower back pain, night sweats, red eyes, tinnitus.

Point Dynamics
As the Master Point of Du Mai, SI 3 will regulate the distribution of Qi through the spine and sense organs, promoting the distribution of Wei Qi through these areas. Being a Wood point, it nourishes the Fire, maintaining its strength of circulation of substances and drawing Wei Qi from Wood to aid Tai Yang in its external defence.

SI 3 helps to de-obstruct the Wood by increasing the circulation through the element, which in turn promotes the Liver's free flow of Qi function.

SI 4 - *Wangu* (Wrist bone)

Location
On the medial edge of the hand in the depression between the base of the 5th metacarpal and the triquetrum (triangular or pyramid) bone.

Needle
3 fen (perpendicular). Moxa - 3-7

Features
Yuan point. Disperses Damp-Heat from Small Intestine. Use in Gall Bladder associated problems.

Connections
Receives Transverse Luo from HT 5.

Indications
Cystitis, jaundice, pain in the sides of the chest, sore eyes.

Point Dynamics

This point will circulate Yuan Qi through Tai Yang, regulating the function of the Small Intestine and Bladder. It will promote the assimilation of ideas, Qi and fluids to Shao Yin - the ideas being fed to the Heart whilst the Qi and fluids feed the Kidneys, thereby facilitating Blood and Qi production. By strengthening the division of Tai Yang, the distribution of Wei Qi along the Bladder channel will be increased and their ability to shunt Heat away from the Heart through urination and sweating will be consolidated.

The indication of this point for Gall Bladder disharmonies is due to the physical connection between the Gall Bladder and Small Intestine through the common bile duct.

One of the Small Intestine's major functions is to draw Heat away from the Heart and its Luo connection to HT 5 enhances this ability. The Longitudinal Luo from HT 5 travels up to the eyes and therefore SI 4 (via its connection to this point as well as the organ's divisional relationship with the Bladder) is indicated to draw Heat away from the eyes and for eye problems generally.

SI 5 - *Yanggu* (Valley of Yang)

Location

On the medial edge of the wrist in the depression between the styloid process of the ulna, the pisiform bone and the triquetrum, at the medial extremity of the wrist crease.

Needle

2 fen (perpendicular). Moxa - 3-5

Features

Fire and Jing point.

Indications

Fever, deafness, tinnitus, Yang madness.

Point Dynamics

Weakness leading to blockages within the Small Intestine (such as Damp obstruction) creates a back-log of energy and fluid in the Stomach (blocking digestion) and Gall Bladder. This is due to the physical connection of the Small Intestine to the Stomach and Gall Bladder through the common bile duct. Any point, therefore, which encourages circulation through the Small Intestine such as SI 5 (Horary point), will also relieve the associated organs of these blockages.

SI 5 will promote the Yang of the whole system by drawing energy to the Fire which stimulates circulation through the Upper Heater.

SI 6 - *Yanglao* (Nourishing the Old)

Location

On the posterior surface of the forearm, slightly superior to the styloid process in the depression lateral to it. An alternative way to locate the point is to hold the palm of the hand on the chest - a bony hollow where the point lies can be felt. If one slides the finger over the styloid process toward the elbow, the hollow disappears with pronation of the arm.

Needle

3 fen (oblique towards PC 6). Moxa - 3-5

Features

Xi-Cleft point. Relaxes tendons (nerves). Removes obstructions from the meridian. Clears the vision.

Indications

Blurred vision, lower back pain, shoulder pain.

Point Dynamics

SI 6 will promote the circulation through the Small Intestine channel with a release of stored Zhen Qi, which in turn increases the movement of energy into and through the Bladder pathway (connection through Tai Yang and Horary cycle). The effects of this include the promotion of Tai Yang defence and a more efficient transfer of Heat from the Heart to these organs, to be directed from the body through urination and sweating. Increasing the flow through the channel will improve circulation of Qi and fluids to the face, ears and eyes.

SI 6 will de-obstruct the Gall Bladder and Stomach by increasing the Small Intestine's ability to drain the Middle Heater. This will increase assimilation of substances to promote energy and fluid production.

Xi-Cleft points are always indicated to clear obstructions in cases of trauma-induced stagnation in the channel.

SI 7 - *Zhizheng* (Balancing the Members)

Location

On a line connecting SI 5 with SI 8, 5 cun above the wrist and 7 cun below the elbow, the point is on the medial border of the ulna.

Needle

3 fen (perpendicular). Moxa - 3-7

Features

Luo point. Clears Heat from the Upper Heater, especially the head.

Connections

Transverse Luo to HT 9 and HT 7.

Indications

Mental disorders, febrile diseases, sore eyes.

Point Dynamics

The ability of the Small Intestine to direct Heat from the Heart to the Bladder is reinforced by its Longitudinal Luo as well as Transverse Luo connections. This point, therefore, is useful for directing Heat away from the Heart, as it has connections with both these pathways. The longitudinal Luo connection also affects the circulation of Qi to the eyes and promotes the flow of energy through the arm region.

SI 8 - *Xiaohai* (Small Sea)

Location
On the posterior aspect of the elbow joint between the olecranon of the ulna and the tip of the medial epicondyle of the humerus. When the elbow is flexed the point may be located easily as a depression, which disappears when the elbow is fully extended.

Needle
2 fen (perpendicular). Moxa - 5

Features
Earth and He point.

Indications
Epilepsy, psychosis, shoulder pain.

Point Dynamics
As an Earth and He point, SI 8 will increase Qi circulation to the Small Intestine organ; promote drainage of the Middle Heater; increase the availability of Gu Qi and the assimilation of Qi and fluids. The majority of Qi goes to make up Wei Qi, whilst a portion of the fluids are used for Blood production.

SI 9 - *Jianzhen* (Shoulder Strength)

Location
When the arm is held by the side the point is 1 cun superior to the extremity of the posterior axillary fold.

Alternative location - Wu Wei Ping: At the extremity of the fold.

Needle
5-7 fen (perpendicular). Moxa - FORBIDDEN

SI 10 - *Naoshu* (Shoulder Blade Hollow)

Location
When the arm is held by the side the point is directly above SI 9 and the posterior axillary fold, at the inferior border of the acromion and between it and the scapula-humeral articulation.

Needle
5-7 fen (perpendicular but slightly lateral).
Moxa - 3-7

Features
Major point for the scapula.

Connections
Yang Qiao Mai and Yang Wei Mai.

SI 11 - *Tianzong* (Celestial Principle)

Location
In the centre of the infraspinous fossa forming a bilateral triangle with SI 10 and SI 9. The point is below the thickest part of the scapula spine, approximately 2 cun medial to the midpoint of a line between SI 9 and SI 10. The point is almost always sensitive to pressure.

WHO location
In the scapular region, in the depression between the upper one third and the lower two thirds of the line connecting the midpoint of the spine with the inferior angle of the scapula.

NOTE: In the WHO diagram the point is shown at the same level as SI 9. The difficulty in ascertaining the correct location in this publication is is that the diagrams and the verbal locations do not always coincide.

Needle
5 fen (perpendicular or oblique toward spinal column). Moxa - 5-7

Features
Dispels fullness from chest. Eliminates stagnation of Qi from the rib area.

Indications
Major point for shoulder and pain extending down the arm.

SI 12 - *Bingfeng* (Wind Receiver)

Location
Directly above SI 11 in the centre of the supra-scapular fossa (above the spine of the scapula). A depression forms when the arm is raised.

Needle
5 fen (oblique). Moxa - 7

Connections
LI, TE and GB.

SI 13 - *Quyuan* (Crooked Wall)

Location
At the medial end of the supra-scapular fossa, midway on a line between SI 10 and the spinous process of the 2nd thoracic vertebra.

Needle
5 fen (oblique). Moxa - 3-7

SI 14 - *Jianwaishu* (External Shoulder Hollow)

Location
3 cun lateral to the lower border of the spinous process of the 1st thoracic vertebra (level with GV 13) on a vertical line drawn from the vertebral border of the scapula.

Alternative location - Wu Wei Ping: 3.5 cun lateral to the median line. (See NOTE on relative locations of the Bladder meridian for points along the spine).

Needle
6 fen (oblique). Moxa - 3-10

SI 15 - *Jianzhongshu* (Middle Shoulder Hollow)

Location
2 cun lateral to the lower border of the spinous process of the 7th cervical vertebra (level with GV 14).

Alternative location - Wu Wei Ping: 2.5 cun from the median line.

Needle
3-6 fen (oblique). Moxa - 5-10

SI 16 - *Tianchuang* (Heavenly Window)

Location
At the posterior border of the sternocleidomastoideus, 5 fen posterior to LI 18 - level with the laryngeal prominence.

Alternative location - Wu Wei Ping: In a hollow posterior and inferior to LI 18.

Needle
3 fen (perpendicular). Moxa - 3

Features
Window of the Sky point.

Point Dynamics
SI 16, as its name 'Heavenly Window' suggests, will have a strong effect on the emotions, because it belongs to the Fire element and has direct ties to the Heart which houses the Shen. This point would be considered if an imbalance of joy (too much or a lack of) was causing a light-headed or disconnected feeling, or when the Heart's inability to rule the emotions is causing the manifestation of physical imbalances.

SI 17 - *Tianrong* (Celestial Form)

Location
Posterior to the angle of the jaw on the anterior border of the sternocleidomastoid muscle where the carotid artery can be felt.

Alternative location - Wu Wei Ping: Upon the posterior edge of the ramus, in a notch (probably that of the ascending palatine artery).

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Window of the Sky point.

Indications
All throat problems.

SI 18 - *Quanliao* (Cheek Bone)

Location
Directly below the outer canthus, in the depression below the lower border of the zygomatic bone.

Needle
3 fen (perpendicular). Moxa - FORBIDDEN

Connections
TE and GB.

SI 19 - *Tinggong* (Listening Palace)

Location
Between the middle of the tragus and the mandibular joint, where a depression is formed when the mouth is opened.

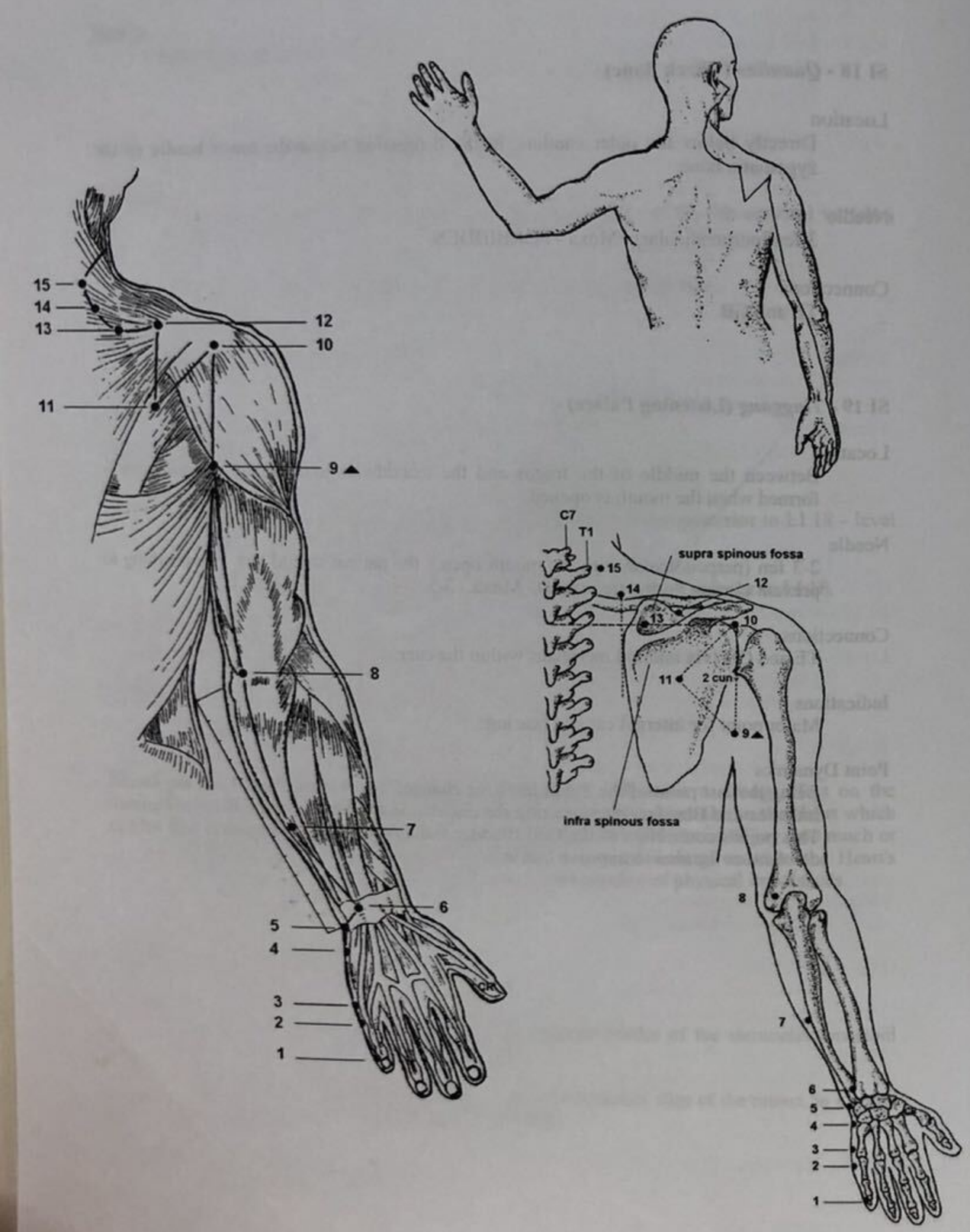
Needle
2-3 fen (perpendicular with the mouth open - the patient should bite on something to prevent closure during treatment). Moxa - 3-5

Connections
TE and GB (via internal meridians within the ear).

Indications
Major point for internal ear and hearing.

Point Dynamics
Being the last point of the Small Intestine channel, SI 19 strengthens Tai Yang (Small Intestine and Bladder) by promoting the circulation of Zhen Qi to the Bladder channel. This point's connection to the Gall Bladder and Triple Energizer channels will help to de-obstruct the area to improve hearing.

SMALL INTESTINE SURFACE CHANNEL



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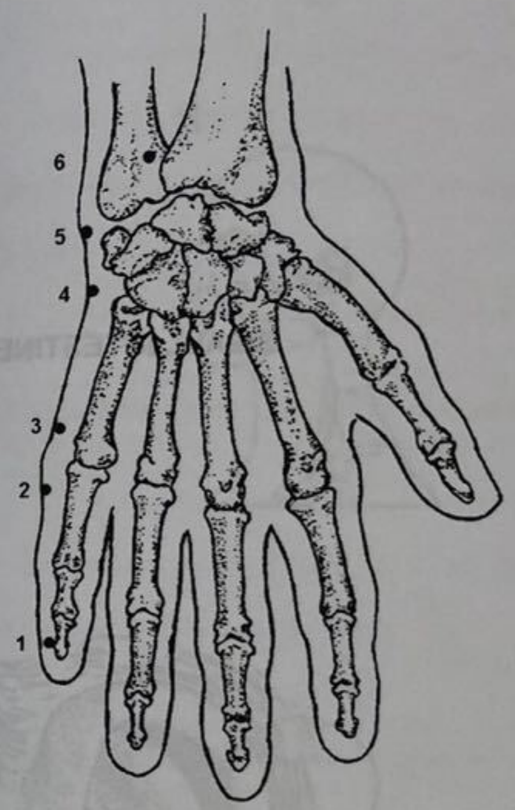

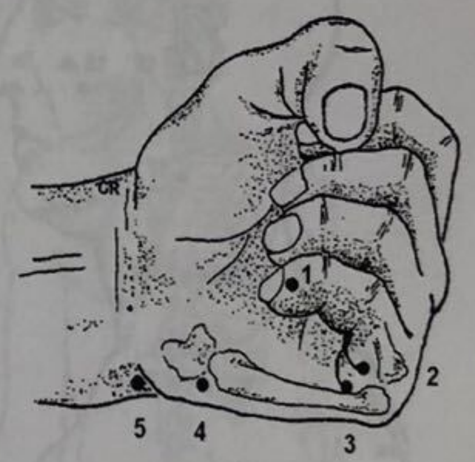

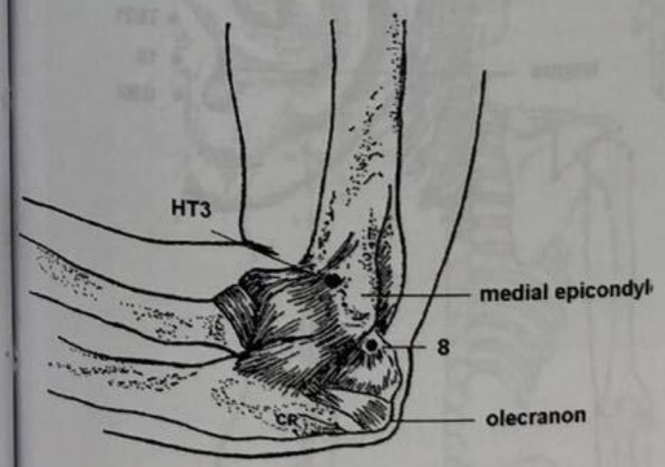

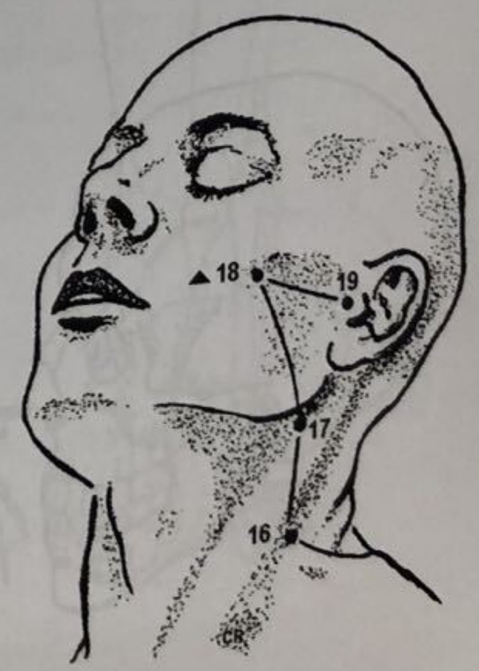

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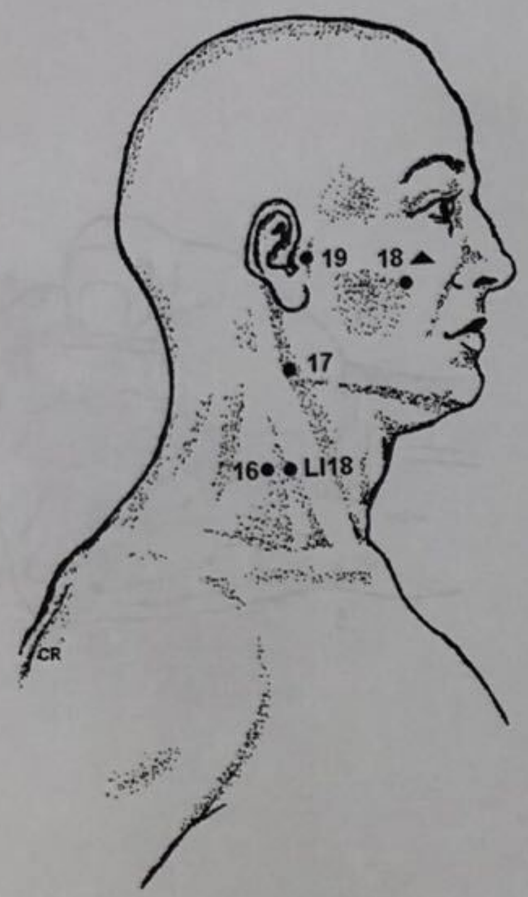
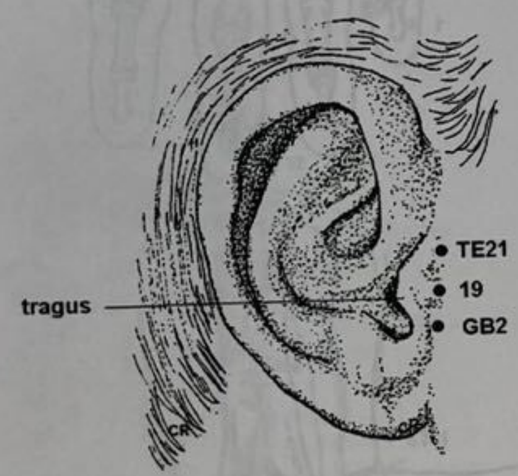
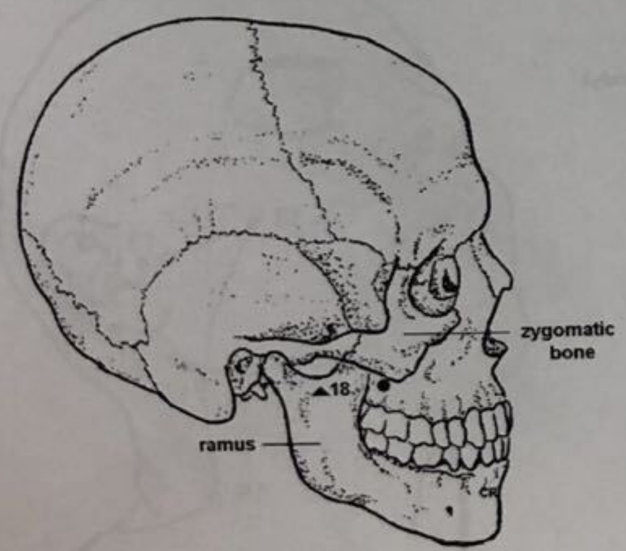
SMALL INTESTINE







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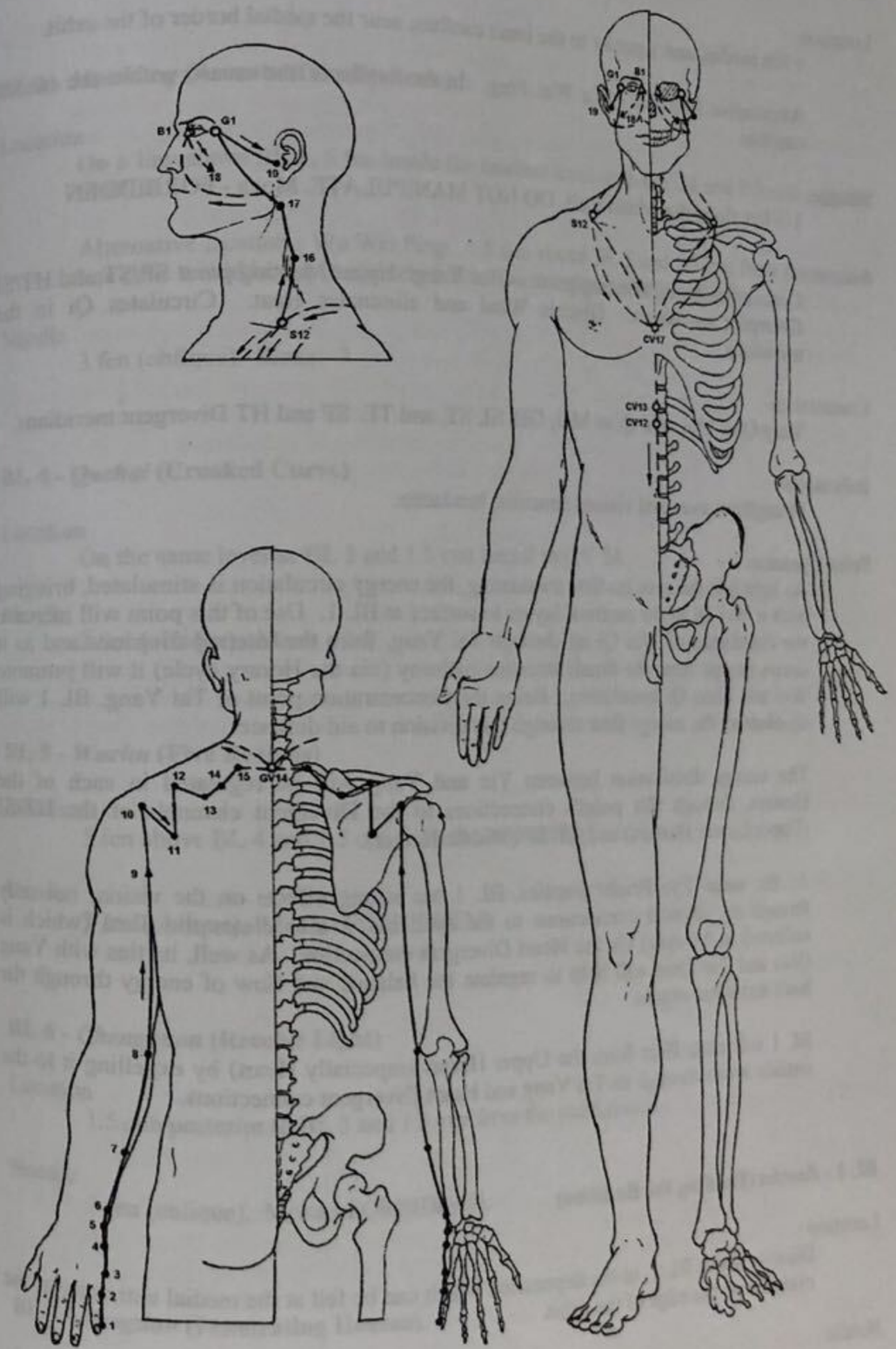
SMALL INTESTINE MAIN CHANNEL WITH INTERNAL PATHWAYS



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BLADDER CHANNEL: *ZU TAI YANG PANG GUANG JING*

BL 1 - *Jingming* (Eyes Bright)

Location
1 fen medial and superior to the inner canthus, near the medial border of the orbit.

Alternative location - Wu Wei Ping: In the centre of the crease within the medial canthus.

Needle
1-3 fen along the orbital wall, DO NOT MANIPULATE. Moxa - FORBIDDEN

Features
Concentration and Meeting point of Tai Yang. Upper Meeting point SP/ST and HT/SI Divergent meridians. Dispels Wind and eliminates Heat. Circulates Qi in the meridians.

Connections
Yang Qiao Mai, Yin Qiao Mai, GB, SI, ST, and TE. SP and HT Divergent meridians.

Indications
Strengthens eyes and vision, sinusitis, headache.

Point Dynamics
As light hits the eyes on first awakening, the energy circulation is stimulated, bringing with it Wei Qi to the external layers to surface at BL 1. Use of this point will increase the circulation of Wei Qi up through Tai Yang, from the internal divisions and as it draws energy from the Small Intestine pathway (via the Horary cycle) it will promote Wei and Zhen Qi circulation. Being the Concentration point of Tai Yang, BL 1 will de-obstruct the energy flow through this division to aid defence.

The energy distribution between Yin and Yang will be regulated in each of the Heaters, through this point's connections to the Divergent channels of the HT/SI (Upper/Lower Heaters) and ST/SP (Middle Heater).

As the name 'Eye Bright' implies, BL 1 has strong effects on the vision, not only through its physical connections to the eyes, but it also clears the Shen (which is reflected in the eyes) via the Heart Divergent connection. As well, its ties with Yang Qiao and Yin Qiao will help to regulate the balance and flow of energy through the head and sense organs.

BL 1 will clear Heat from the Upper Heater (especially Heart) by expelling it to the outside levels through its Tai Yang and Heart Divergent connections.

BL 2 - *Zanzhu* (Holding the Bamboo)

Location
Directly above BL 1, in the depression which can be felt at the medial extremity of the eyebrow on the edge of the orbit.

Needle
2 fen (horizontally downward or laterally).
Moxa - FORBIDDEN.

Features
Disperses Wind, calms the Liver, stops pain.

Indications
Strengthens eyes, facial paralysis, headaches.

BL 3 - *Meichong* (Assault of the Eyebrow)

Location
On a line above BL 1, 5 fen inside the hairline level with GV 24 and 3.5 cun superior to BL 2.

Alternative location - Wu Wei Ping: 1.5 cun above BL 2 and 1.5 cun from the median line (this would be approximately 5 fen medial and superior to GB 14).

Needle
3 fen (oblique). Moxa - 3

BL 4 - *Quchai* (Crooked Curve)

Location
On the same level as BL 3 and 1.5 cun lateral to GV 24.

Needle
2 fen (oblique). Moxa - 3-5

BL 5 - *Wuchu* (Five Regions)

Location
5 fen above BL 4 and 1.5 cun from the medial line.

Needle
3 fen (oblique). Moxa - FORBIDDEN.

BL 6 - *Chengguan* (Receive Light)

Location
1.5 cun posterior to BL 5 and 1.5 cun from the medial line.

Needle
3 fen (oblique). Moxa - FORBIDDEN.

BL 7 - *Tongtian* (Penetrating Heaven)

Location
1.5 cun posterior to BL 6 and 1.5 cun from the medial line.

Needle
3 fen (oblique). Moxa - 3-5 (Van Buren forbids Moxa).

Features
Eliminates Wind from upper part of body especially the head.

Connections
Branches from here to GV 20 and GB 8, GB 9, GB 10, GB 11 and GB 12.

Indications
Migraine.

Point Dynamics
This point will regulate the distribution of Wei Qi through the head region to disperse Wind, due to its connections with the Du Mai and Gall Bladder channels.

BL 8 - *Luoque* (Vessel Ending)

Location
1.5 cun posterior to BL 7 and 1.5 cun from the median line.

Needle
3 fen (oblique). Moxa - 3-5 (Van Buren forbids Moxa and needle).

BL 9 - *Yuzhen* (Ear of Jade)

Location
On the lateral side of the superior border of the external occipital protuberance. (This is the arch at the lower back of the head formed by the tendon-like origins of the trapezius and the inferior border of the occipital protuberance). The point is 1.5 cun superior to the lower occipital border and 1.3 cun from the medial line (lateral to and level with GV 17).

Needle
3 fen (oblique). Moxa - 3-5

Connections
Branch to GV 17.

Indications
Sinusitis, sore eyes, headache.

BL 10 - *Tianzhu* (Celestial Column)

Location
5 fen within the hairline, 1.3 cun lateral to the midline (GV 15) and lateral to the trapezius muscle inferior to the transverse process of the first cervical (atlas). A simple way to locate is to measure 3 cun up from the spinous process of the 7th cervical with head erect - the base of the occipital bone can be felt just above the point.

Needle
3-5 fen (perpendicular towards the opposite eye). Moxa - 3

Features
Window of the Sky point. Sea of Energy point with CV 17 and ST 9. Dispels Wind and strengthens the eyes.

Connections
Upper Meeting point of KI/BL Divergent meridian. Branch to GV 17.

Indications
Neck problems, headaches, eye problems and lower backache.

Point Dynamics
As with the majority of Window of the Sky points, BL 10 is the Upper Meeting point of a Divergent channel. This is significant because it is through the Divergent system that the energy of the Yin organs travels to the head and can control the excess Yang in the head which causes the light-headed or 'disconnected' sensation associated with the blockage of emotional energy.

BL 10 will increase the Qi in the system via connections with Dai Mai and the Kidney Divergent channel. The Kidneys will be provided with Yang energy which will strengthen the Lower Heater to draw energy down from the Lungs and increase the available Kidney Qi in the system. It is the Kidneys which control inhalation as they grasp the Qi from the Lungs, so the Qi of the Lower Heater must be circulating freely.

BL 10 will increase the energy of the Lower Heater (Kidneys), whereas ST 9 strengthens Gu Qi assimilation and CV 17 facilitates the absorption and utilisation of Da Qi. When used in combination, these points form the Sea of Qi and they will tonify Qi and its circulation throughout the body.

NOTE: Anatomically the location of the points on the back may vary from patient to patient, so what should be done is to measure the points on an intermediate line halfway between the scapular line and the vertebral line. The vertebras are most easily measured from the 7th cervical which is the most prominent spinal process when the head is dropped forward.

BL 11 - *Dashu* (Big Shuttle)

Location
1.5 cun lateral to the inferior border of the spinous process of the first thoracic vertebra.
Wu Wei Ping locates this Bladder line at 2 cun from the midline.

Needle
3 fen (perpendicular). Moxa - 7

Features
Sea of Blood point with ST 37 and ST 39. Special Meeting point for bone. Use for wandering pain (Wind-pain).

Connections
GB.

Indications
General arthritis, bone disorders, assists healing of broken or fractured bones.

Point Dynamics
BL 11 is the influential point for bone and affects bone nourishment and healing, so it can be assumed that it has a strengthening effect on the Kidneys which rule the bones and is responsible for their formation and strength. This point forms part of the Sea of Blood because it promotes the Kidney functions, which affects Blood production in

the following ways. Refines Qing Yi (pure fluids) and aids the production of Ying Qi (nourishing Qi), together these substances form Blood under the control of Yuan Qi. Spleen Yang and Stomach Yin (the site of Blood production) are fed from the Kidneys which are the source of Yin and Yang for the whole system.

ST 37 and ST 39 are the lower He points for the Large Intestine and Small Intestine respectively and they thus promote these organ's functions. This will increase the assimilation of fluids which are received by the Kidneys to form a major component of Blood - Qing Yi.

BL 12 - *Fengmen* (Door of Wind)

Location
1.5 cun lateral to the inferior border of the spinous process of the 2nd thoracic vertebra.

Needle
5 fen (perpendicular). Moxa - 5-10

Features
Strengthens the dispersing function of the Lung. Readjusts circulation of Qi. Eliminates Wind. Relieves external symptoms.

Connections
GV.

Indications
Moxa to prevent effects of exposure to Wind, Cold, Damp and fatigue.

Point Dynamics
BL 12 connects to Du Mai and strengthens Wei Qi distribution along the Bladder channel, thereby increasing Wei's defence of the Zang Fu via their Shu point connections. Damage to this area, as in Wind attack, disrupts Qi and will therefore also affect the distribution of Wei Qi along the spine and may lead to further attacks from perverse energy, hence the name 'Door of Wind'.

POINT DYNAMICS OF BACK SHU POINTS

Back Shu points have direct communication with the Zang Fu and these pathways allow a relatively Yang energy from Tai Yang to circulate to them. This promotes the functional aspects of the organs as well as providing them with Wei Qi to facilitate their ability to disperse perverse energy

A disharmony in the organ will often cause disruption to the energy flow, with resultant tenderness at the site of the particular Shu point with which it connects.

The specific actions of the Shu points on the organs are listed below under the Bladder point to which it corresponds.

BL 13 - *Feishu* (Shu of Lungs)

Location
1.5 cun lateral to the inferior border of the spinous process of the 3rd thoracic vertebra.

Needle
3-5 fen (perpendicular). Moxa - 7-20

Features
Acts on the Lungs. Activates dispersing function of the Lung and eliminates Wind and Heat from the Lung. Adjusts Qi.

Indications
Asthma, cough, night sweats.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
Promotes the Yang aspect of the Lungs - strengthens the respiratory action and the utilisation of Da Qi; increases the circulation of Qi and fluids to the Kidneys as well as Zhen Qi circulation (through the Horary cycle) from LU 1; promotes the Ke cycle control of the Liver; and augments the circulation of Wei Qi to the skin to defend, moisturize and nourish.

BL 14 - *Jueyinshu* (Pericardium Shu)

Location
1.5 cun lateral to the inferior border of the spinous process of the 4th thoracic vertebra.

Needle
3 fen (perpendicular). Moxa - 7

Features
Acts on the Pericardium.

Indications
Vomiting, fullness in the chest, asthma.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
The Chinese term Xin Bao is translated into English by some as Circulation/Sex, which in many ways is a more accurate description of its functions. The term Pericardium only implies the protective layer around the Heart, yet traditionally the quality and strength of the Kidney Yang energy is felt at the Pericardium pulse position. PC 14, by strengthening the functions related to the Pericardium, will strengthen the Upper Heater to promote the circulation of Blood and substances and help to protect the Heart by dispersing perverse energy away from it.

The Spleen Yang is dependent on the Kidney Yang and it can be seen on the Sheng cycle that it is the Pericardium which is the Mother of Spleen. This is another reason why the Pericardium is regarded by many to be the Yang aspect of the Kidneys.

BL 15 - *Xinshu* (Shu of the Heart)

Location
1.5 cun lateral to the inferior border of the spinous process of the 5th thoracic vertebra.

Needle
3 fen (perpendicular). The Su Wen warns of the dangers of deep penetration. Moxa - 3

Features
Acts on the Heart. Calms the Shen, regulates the Blood and Qi.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
As the major function of the Heart is to house the Shen, BL 15 would be indicated in problems relating to inappropriate emotional behaviour where the Shen is not in control, or emotional disturbances such as anxiety, lack of joy or Yang madness.

Promoting the Heart function will encourage the proper circulation of Blood through the system, which in turn nourishes the Qi, strengthens the Lungs due to their Upper Heater relationship and consolidates the Heart's position as Emperor - the 'supreme controller of the Zang Fu'.

BL 16 - *Dushu* (Shu of Du Mai - GV)

Location
1.5 cun lateral to the inferior border of the spinous process of the 6th thoracic vertebra.

Needle
FORBIDDEN. Moxa - 3

Features
Acts on Du Mai.

Point Dynamics
Applying Moxa to this point will promote the circulation of Yang energy because of its connections to Du Mai (controller of Yang). This will strengthen the circulation of Qi through the spine and thus to the organs via the back Shu points.

BL 17 - *Geshu* (Shu of the Diaphragm and Oesophagus)

Location
1.5 cun lateral to the inferior border of the spinous process of the 7th thoracic vertebra.

Needle
4 fen (perpendicular). Moxa - 7-20

Features
Special Meeting point for the Blood. Tonifies the whole body. Invigorates Blood circulation, wei point for Blood. Dispels congestion of the diaphragm and pacifies Stomach Qi. Balances Yin and Yang throughout the body, increases oxygen.

Indications
All problems of the Blood. Excessive bleeding internally or externally.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
All the Shu points above BL 17 relate to the Upper Heater whereas those below relate to the Middle and Lower Heaters. BL 17 is at the level of, and has direct connections to, the diaphragm, which is an area of interchange between the Upper and Middle Heaters. BL 17 will work to strengthen both Heaters and influence their communication - the Upper Heater being responsible for the circulation of Blood, whereas the Middle Heater produces and stores. So it can be seen that BL 17 is the special Meeting Point for Blood because of its influence on these areas.

BL 18 - *Ganshu* (Shu of the Liver)

Location
1.5 cun lateral to the inferior border of the spinous process of the 9th thoracic vertebra.

Needle
3 fen (perpendicular). Moxa - 7-20

Features
Acts on the Liver and Gall Bladder. Eliminates Damp-Heat. Clears stagnant Qi.

Indications
Problems of the Liver and eyes, e.g. jaundice, digestion etc.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
Clearing the Liver's function with the use of this point will benefit the whole system by promoting the free flow of Qi through the Jing Luo and regulating the circulation of Wei Qi to the external layers for defence.

As the Liver stores the Blood, regulation of the Liver will help to prevent it passing on Heat to the Blood. Digestion will be strengthened by inhibiting the tendency of Wood to invade Earth, as well as allowing the free flow of bile.

BL 19 - *Danshu* (Shu of the Gall Bladder)

Location
1.5 cun lateral to the inferior border of the spinous process of the 10th thoracic vertebra.

Needle
3-5 fen (perpendicular). The Su Wen warns of the danger of deep penetration. Moxa - 3-15

Features
Acts on the Gall Bladder and Liver. Eliminates Heat in GB and Liver, calms Stomach Qi.

Indications
Headaches, bitter taste in the mouth, nausea.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
The Liver and Gall Bladder have a very close relationship, both physically and functionally. This point will act on both organs to promote the free flow of Qi (aid digestion through regulation of bile secretion) and allow the transfer of Wei Qi from Yin storage (Liver) to the Yang levels via the Gall Bladder. This point works to calm Stomach Qi by regulating the Wood to prevent it invading Earth.

BL 20 - *Pishu* (Shu of the Spleen)

Location
1.5 cun lateral to the inferior border of the spinous process of the 11th thoracic vertebra.

Needle
3-5 fen (perpendicular). Moxa - 7-20

Features
Acts on the Spleen and Stomach. Promotes transportation and transformation functions of the Spleen and calms the Stomach. Reinforces the Blood.

Indications
Oedema, vomiting, diarrhoea, indigestion, abdominal distension.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
One of the Spleen's major roles is the transformation and transportation of Qi and fluids. BL 20 is indicated for problems of Damp accumulation (oedema), cold limbs, food retention within the Stomach (when Spleen is too weak to receive Gu Qi) and abdominal distension.

The Spleen is responsible for the production of Blood and the distribution of the Five Flavours to nourish the Zang, therefore an imbalance in this organ can affect the functioning of any organ. The Liver is especially susceptible to not being nourished by substances from the Spleen and easily becomes Hot, which activates its tendency to attack Earth, thus weakening the Spleen even more and creating a vicious cycle.

The Spleen feeds the Lung on the Sheng cycle and is also its Six Divisional partner. BL 20, by increasing the Spleen Yang, will reinforce the Lung to circulate Qi and fluids.

BL 21 - *Weishu* (Shu of the Stomach)

Location
1.5 cun lateral to the inferior border of the spinous process of the 12th thoracic vertebra.

Needle
3-5 fen (perpendicular). Moxa - 7-21

Features
Acts on the Stomach and Spleen. Eliminates Dampness and strengthens Stomach Qi.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
It is through the Middle Heater that all acquired Yin must initially be broken down and separated into pure and impure, providing the raw materials for Qi, Blood and fluids. BL 21 will promote the Stomach function to aid Blood production, help the separation and assimilation process of digestion and encourage the organ's descending function to circulate Gu Qi and fluids to the Lower Heater.

If the Gu Qi is not efficiently processed within the Stomach then the Small Intestine and Large Intestine don't receive the substances in a form that they can utilise. The Spleen and Lungs will also be affected as they rely on pure Gu Qi from the Stomach for their proper functioning. In other words, the system is reliant on the initial separation and assimilation of Gu Qi and fluids by the Stomach and an inability to perform this function will manifest in generalised weakness and fatigue.

BL 22 - *Sanjiaoshu* (Shu of the Triple Energizer)

Location
1.5 cun lateral to the inferior border of the spinous process of the 1st lumbar vertebra.

Needle
3-5 fen (perpendicular). Moxa - 7-20

Features
Acts on the Triple Energizer. Special point for the metabolism of water, especially in the Lower Heater. Regulates the passage of water.

Indications
Ascites and oedema.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
BL 22 will promote the overall communication between each of the Triple Energizers, which in turn encourages fluid metabolism and Qi production throughout the system, as well as de-obstructing the circulation of fluids.

This point lies at the level of interchange between the Middle and Lower Heaters - the points above relate to the Middle and Upper Heaters whereas those below influence the Lower Heater. It will thus promote the exchange of substances passed down from the Middle Heater for assimilation and storage, and passed up from the Lower Heater for transformation and circulation.

BL 23 - *Shenshu* (Shu of the Kidneys)

Location
1.5 cun lateral to the inferior border of the spinous process of the 2nd lumbar vertebra, and level with GV 4.

Needle
5-8 fen (perpendicular). Moxa - 3-15

Features
Regulates and strengthens the Kidneys.

Connections
KI (Divergent).

Indications
Menstrual pain, lumbar pain, all disorders of the Kidneys.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
The Kidneys are very Yin by nature and are prone to be affected by Cold. When this occurs they tend to go to the extreme of their nature and become too Yin, not freely circulating their storage of substances like Yuan Qi and Qing Yi, needed for the proper functioning of the body. BL 23 will work to make the Kidneys more Yang, help to rebalance the organ and promote the circulation of these substances, resulting in the tonification and regulation of the whole system. This action is reinforced by the KI/BL Divergent meridian, as it has direct connections to the Kidney organ as well as Dai Mai.

The Lower Heater is controlled by the Kidneys, so BL 23 will especially benefit this area, thus strengthening the menstrual cycle and Uterus. Because BL 23 promotes the Water element, the Liver Yin will be nourished through increased tonification on the Sheng cycle and there will be greater control of excess Yang in the Upper Heater via the Ke cycle.

Blood production will be boosted from the increase in available fluids, as well as the consolidation of Spleen Yang (Spleen Yang is fed by the Kidney Yang). The Kidneys

are responsible for the production of Wei Qi, so the body's defence will benefit. As the Kidney function is increased the descent of Qi and fluids from the Lungs will be strengthened.

BL 24 - *Qihaishu* (Shu of the Sea of Energy)
CV 6 is named Qihai (Sea of Energy)

Location
1.5 cun lateral to the inferior border of the spinous process of the 3rd lumbar vertebra, and level with the top of the iliac crest.

Needle
5 fen (perpendicular). Moxa - 3-5

Features
Acts on the upper lumbar area. Strengthens Qi and Blood.

Indications
Weakness of back and knees.

Point Dynamics
The Lower Heater is where substances are stored for later use. This can easily be seen in the spare energy stored in fatty thighs or in a "pot belly". If the circulation through these areas is increased it will help to bring stored energy back into general usage. BL 24 will perform this function.

BL 25 - *Dachangshu* (Shu of the Large Intestine)

Location
1.5 cun lateral to the inferior border of the spinous process of the 4th lumbar vertebra.

Needle
8-10 fen (perpendicular). Moxa - 7-20

Features
Acts on the Large Intestine and lower back. Regulates Stomach Qi.

Indications
Constipation, diarrhoea, borborygmus, abdominal distension.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
BL 25 will promote the circulation of Qi through the Large Intestine to de-obstruct the organ. This will promote the Large Intestine's assimilation of impure Qi and pure fluid, which is sent to the Kidneys where it is used to produce Wei Qi and Qing Yi respectively. The action of this point will clear the Stomach function, due to its connection to the Large Intestine through Yang Ming.

BL 26 - *Guanyuanshu* (Shu of the Door of Vital Essence)
CV 4 is named Guanyuan (Door of Vital Essence)

Location
1.5 cun lateral to the inferior border of the spinous process of the 5th lumbar vertebra.

Needle
10 fen (perpendicular). Moxa - 3

Features
Acts on the lower lumbar area. Eliminates Damp in the Lower Heater.

Indications
Urinary problems.

Point Dynamics
The points in this region affect the circulation of Qi to the uterine area. The name of this point (Door of Vital Essence) suggests that BL 26 will promote the circulation of Yuan Qi within the system, perhaps affecting Chong Mai which rises in the area of the Uterus.

BL 27 - *Xiaochangshu* (Shu of Small Intestine)

Location
1.5 cun lateral to the middle of the back, level with the 1st posterior sacral foramen, in the depression between the medial border of the posterior superior iliac spine and the sacrum.

(Wu Wei Ping continues the location of these points at 2 cun from the midline).

Needle
8-10 fen (perpendicular). Moxa - 7-20

Features
Acts on the Small Intestine. Clears Damp-Heat and regulates Stomach function.

Indications
Diarrhoea, lower abdominal distension, haematuria.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
BL 27 promotes the circulation of Qi through the Small Intestine to de-obstruct. This will increase its assimilation of impure Qi and pure fluid and benefit the circulation of these substances to the Kidneys, where they are used in the production of Wei Qi and Qing Yi. The action of this point will clear the Middle Heater, due to the Small Intestine's physical connections to the Stomach and Gall Bladder via the common bile duct. The Small Intestine's function of diverting Heat from the Heart to the Bladder for elimination will be increased.

BL 28 - *Pangguanshu* (Shu of the Bladder)

Location
1.5 cun lateral to the midline of the back level with the 2nd posterior sacral foramen in the depression between the inferior medial border of the posterior superior iliac spine and the sacrum.

Needle
8-10 fen (perpendicular). Moxa - 7-15

Features
Acts on the Bladder. Disperses stagnant Qi in the Lower Heater.

Point Dynamics (refer 'Point Dynamics of Back Shu Points')
BL 28 clears the Bladder function, allowing it to eliminate wastes freely from the system. These wastes include perverse energy such as excess Heat, Damp or Cold. When the system is suffering from a Yang Xu or Full Cold condition, the excess Yin is removed by increased urination (which will be clear and copious). On the other hand, if afflicted with Yin Xu or Full Heat, the Heat is directed to the Bladder and expelled through the urine (which will be concentrated). (This is why the state of the urine is such a good indication of the body's internal climate and so important in diagnosis.) Although these functions come under the control of the Kidneys, if the Bladder itself is not working efficiently these mechanisms, which are the body's attempt to maintain homeostasis, will be disturbed and can cause further disharmonies at deeper levels.

BL 29 - *Zhonglushu* (Shu of the Buttocks)

Location
1.5 cun lateral to the midline of the back at the level of the 3rd posterior sacral foramen.

Needle
5 fen (perpendicular). Moxa - 7-15

Features
Acts on the sacrum.

BL 30 - *Baihuanshu* (Shu of the White Circle - Leucorrhoea)

Location
1.5 cun lateral to the midline of the back at the level of the 4th sacral foramen.

Needle
3-5 fen (perpendicular). Moxa - FORBIDDEN.

Features
Acts on the anal sphincter.

NOTE: To locate BL 31, 32, 33, 34 place the tip of the index finger midway between BL 27 and the midpoint of the spinal column, with the small finger on the sacral prominence; place the ring finger and the middle finger equidistant to each other. The index finger tip is then on the upper sacral foramen, the tip of the middle finger on the 2nd foramen, the tip of the ring finger on the 3rd foramen and the little finger tip is on the 4th foramen - see diagram.

BL 31 - *Shangliao* (Upper Hole)

Location
In the 1st posterior sacral foramen, about midway between the posterior superior iliac spine and the midline of the back, level with BL 27.

Needle
8-10 fen (perpendicular). Moxa - 7-15

Features
Regulates the Lower Heater.

Connections
GB.

BL 32 - *Ciliao* (Second Hole)

Location
In the 2nd posterior sacral foramen, about midway between the posterior superior iliac spine and the midline of the back, level with BL 28.

Needle
8-10 fen (perpendicular). Moxa - 7-15

Features
Regulates the Lower Heater. Strengthens Kidney Qi. Removes stagnant Blood from the Uterus.

Indications
Weakness of muscles leading to paralysis. Rheumatism. Special point for leucorrhoea.

Point Dynamics
BL 32 will promote the circulation of Qi and fluids through the Uterus, strengthening Chong Mai (which arises from this area) and therefore the deep pathways of energy circulation. This connection to the Eight Extras, as well GB 30's internal pathway, will facilitate the distribution of Yuan Qi.

BL 32 will promote the distribution of Qi from the Bladder channel down into the legs, to de-obstruct their pathways and strengthen them.

BL 33 - *Zhongliao* (Middle Hole)

Location
In the 3rd posterior sacral foramen midway between BL 29 and the midline of the back.

Needle
8-10 fen (perpendicular). Moxa - 7-15

Features
Regulates the Lower Heater.

BL 34 - *Xialiao* (Lower Hole)

Location
In the 4th posterior sacral foramen, midway between BL 30 and the midline of the back.

Needle
6-8 fen (perpendicular). Moxa - 7-15

Features
Regulates the Lower Heater.

BL 35 - *Huiyang* (Yang Reunion)

Location
5 fen from the median line, level with the tip of the coccyx.

Alternative location - Wu Wei Ping: On the external edge of the coccyx, at the level of the sacro-coccygeal articulation.

Needle
4 fen (perpendicular). Moxa - 5

NOTE: In 1975 Beijing released a new system of numbering the Bladder Meridian more consistent with the actual flow of energy. The College has adopted this system, but it is still necessary for students to be familiar with the old system as many books, charts and senior practitioners still utilise it. Points are listed by their new numbers with the old numbers shown in brackets.

BL 36 (50) - *Chengfu* (Receive and Support)

Location
At the midpoint of the gluteal fold between the femoral biceps and the semitendinosus muscles.

Needle
8 fen (perpendicular). Moxa - FORBIDDEN

Indications
Haemorrhoids.

BL 37 (51) - *Yinmen* (Prosperous Gate)

Location
On a line connecting BL 36 and BL 40, 6 cun inferior to the gluteal fold and 8 cun superior to the popliteal crease.

Alternative location - Wu Wei Ping: 1 cun lower (7 cun superior to the popliteal crease).

Needle
7 fen (perpendicular). Moxa - FORBIDDEN

BL 38 (52) - *Fuxi* (Floating Point)

Location
1 cun superior to the lateral end of the popliteal crease (1 cun above BL 39) and medial to the tendon.

Needle
5 fen (perpendicular). Moxa - 3-7

BL 39 (53) - *Weiyang* (Commanding Yang)

Location
On the lateral end of the popliteal crease, on the medial side of the tendon of the biceps femoris.

Needle
7 fen (perpendicular). Moxa - 3-5

Features
Lower He point of the Triple Energizer. Adjusts Lower Heater function of water transformation. Acts on the Bladder.

Indications
Oedema. Sedate for retention of urine. Tonify for excessive urination.

Point Dynamics
BL 39, as the lower He point for the Triple Energizer, will promote the energy and fluid exchange between the Zang Fu, resulting in increased Qi and Blood production throughout the system.

BL 40 (54) - *Weizhong* (Perfect Equilibrium)

Location
At the midpoint of the popliteal crease, exactly between the tendons of the biceps femoris and semitendinosus.

Needle
5 fen (perpendicular) or bleed. Moxa - FORBIDDEN

Features
Earth and He point. Strengthens waist, relaxes tendons (nerves), clears Heat from the Blood, dispels Summer Heat.

Connections
Lower Meeting point of KI/BL Divergent meridian.

Indications
Bleed to dispel Summer Heat. Acute back problems and pain in the back of the legs.

Point Dynamics
BL 40 is indicated to dispel Summer Heat as it strengthens the division of Tai Yang (Bladder and Small Intestine) which is the most external layer of the Six Divisions. It plays an important role in the removal of perverse Heat in the system through urination - the Small Intestine absorbs Heat, especially from the Heart, and channels it to the Bladder where it can be expelled through the urine. The effect this point has on the Kidneys (through the Divergent Channel which passes through the Heart organ), consolidates this cooling effect by moving Yin energy to the Fire element (via the Ke cycle) to nourish the Heart Yin and control excess Yang.

This point is especially good for backache because of its Kidney Divergent connection and it is the reunion point of the two pathways of the Bladder channel (which traverse the spine).

BL 41 (36) - *Fufen* (Supplementary Segment)

Location
Superior point of the lateral Bladder line on the back. The point is 3 cun lateral to the inferior border of the spinous process of the 2nd thoracic vertebra (level with BL 12) on the scapular line.

Wu Wei Ping locates this line as 4 cun lateral to the midline.

Needle
4 fen (oblique). Moxa - 7

BL 42 (37) - *Pohu* (Door of Vital Fluid)

Location
3 cun lateral to the inferior border of the spinous process of the 3rd thoracic vertebra, level with BL 13.

Needle
5 fen (perpendicular). Moxa - 7-15

BL 43 (38) - *Gaohuangshu* (Hollow of Vital Centres)

Location
3 cun lateral to the inferior border of the spinous process of the 4th thoracic vertebra, level with BL 14.

Needle
3 fen (perpendicular). Moxa - 7-50

Features
Shu of vital centre (region below the Heart). Tonifies the Blood. Major point for chronic weakness and illness. Regulates Lung Qi and prevents asthma. Point for general weakness.

Indications
Moxa on garlic to prevent asthma. Moxa (with ST 36) for chronic debility and weakness.

Point Dynamics
This point is level with BL 14 (Pericardium Shu point) and connects with the Upper Heater, promoting the organs within this region. Through this tonification of the Heart, Lungs and Pericardium, there will be an increase in the overall circulation of substances within the system. The promotion of Da Qi utilisation will increase the available Yang energy which, in turn, will strengthen the Spleen Yang via the Tai Yin connection with the Lungs, thereby promoting Qi production.

BL 44 (39) - *Shentang* (Palace of the Spirit)

Location
3 cun lateral to the inferior border of the spinous process of the 5th thoracic vertebra, level with BL 15.

Needle
3 fen (perpendicular). Moxa - 5

BL 45 (40) - *Yixi* (Sighing - Giggling)

Location
3 cun lateral to the inferior border of the spinous process of the 6th thoracic vertebra, level with BL 16.

Needle
3 fen (perpendicular). Moxa - 5-15

BL 46 (41) - *Geguan* (Diaphragm Gate)

Location
3 cun lateral to the inferior border of the spinous process of the 7th thoracic vertebra, level with BL 17.

Needle
5 fen (perpendicular). Moxa - 3-15

BL 47 (42) - *Hunmen* (Door of the Soul)

Location
3 cun lateral to the inferior border of the spinous process of the 9th thoracic vertebra, level with BL 18.

Needle
5 fen (perpendicular). Moxa - 3-15

BL 48 (43) - *Yanggang* (Essential Yang)

Location
3 cun lateral to the inferior border of the spinous process of the 10th thoracic vertebra, level with BL 19.

Needle
5-7 fen (perpendicular). Moxa -5

BL 49 (44) - *Yishe* (Lodge of Ideas)

Location
3 cun lateral to the inferior border of the spinous process of the 11th thoracic vertebra, level with BL 20.

Needle
5-7 fen (perpendicular). Moxa - 5-15

BL 50 (45) - *Weicang* (Stomach Granary)

Location
3 cun lateral to the inferior border of the spinous process of the 12th thoracic vertebra, level with BL 21.

Needle
5-7 fen (perpendicular). Moxa - 5-10

BL 51 (46) - *Huangmen* (Door of Vital Centres)

Location
3 cun lateral to the inferior border of the spinous process of the 1st lumbar vertebra, level with BL 22.

Needle
5-7 fen (perpendicular). Moxa - 7-15

BL 52 (47) - *Zhishi* (Lodge of the Will)

Location
3 cun lateral to the inferior border of the spinous process of the 2nd lumbar vertebra, level with BL 23.

Needle
7-9 fen (perpendicular). Moxa - 7-15

BL 53 (48) - *Baohuang* (Womb and Vitals)

Location
3 cun from the median line of the back, level with the 2nd posterior sacral foramen and 1.5 cun lateral to BL 28.

Needle
5-7 fen (perpendicular). Moxa - 5-10

BL 54 (49) - *Zhibian* (Side of the 4th Sacral)

Location
3 cun from the median line of the back, level with the 4th posterior sacral foramen and 1.5 cun lateral to BL 30.

Needle
5 fen (perpendicular). Moxa - 7

NOTE: From the following point the numbering of the Beijing and old systems are identical.

BL 55 - *Heyang* (Yang Union)

Location
2 cun inferior to BL 40 (54) and the popliteal crease on a vertical line which passes between the heads of the gastrocnemius.

Alternative location - Wu Wei Ping: 2.5 cun inferior to BL 40.

Needle
5 fen (perpendicular). Moxa - 5-7

BL 56 - *Chengjin* (Supporting Muscles)

Location
In the centre of the belly of the gastrocnemius on a vertical line from the centre of the popliteal crease, and 4 cun inferior to it.

WHO location
On the posterior aspect of the leg, between the two muscle bellies of the gastrocnemius muscle, 5 cun distal to the popliteal crease.

Note: Midway between BL55 and BL57

Needle
5 fen (perpendicular). Moxa - 3-7

Wu Wei Ping forbids to needle. Van Buren forbids to Moxa, as do the older College notes and the point is shown as such on the appropriate diagrams.

Indications
Pain in back of leg, cramps and haemorrhoids.

BL 57 - *Chengshan* (Support of the Mountain)

Location
8 cun below the centre of the popliteal crease. The point is midway on a vertical line between BL 40 and the calcaneal (Achilles) tendon measured from level with the tip of the external malleolus.

Alternative location - Wu Wei Ping: 7 cun below the popliteal crease where the tendon emerges between the gastrocnemius.

WHO location

On the posterior aspect of the leg, at the connecting point of the calcaneal tendon with the two muscle bellies of the gastrocnemius muscle.

Note: With the leg stretched (planter flexion) or the heel up, BL57 is located at the sharp angled depression inferior to the muscle belly of the gastronemius muscle. The two heads of the gastrocnemius muscle are separated to make a lambda shape (Λ).

NOTE: The WHO diagram shows the point to be identical in its location to that of this Manual, therefore not only making the WHO location of this point ambivalent, but also casting into doubt on the suggestion that BL56 is midway between BL55 and BL57.

Needle

7 fen (perpendicular). Moxa 5-15

Indications

Pain in the back of the leg, cramps and haemorrhoids.

Point Dynamics

The Bladder channel distributes energy to the anal region through its Divergent channel connections. Some points on this channel, like BL 57, are useful for influencing this area in the treatment of conditions such as haemorrhoids.

BL 58 - *Feiyang* (Flying Yang)

Location

On a line 7 cun above BL 60 on the inferior border of the lateral gastrocnemius, superior to the gastrocnemius tendon and posterior to the soleus muscle - 1 cun lateral and inferior to BL 57.

Alternative location - Wu Wei Ping: 8 cun above BL 60 (the malleolus) and between the peroneus longus and the soleus.

Needle

5 fen (perpendicular). Moxa - 3-7

Features

Luo point.

Connections

Transverse Luo to KI 3 and KI 1.

Indications

Sciatica on the lateral aspect of the leg, insanity, haemorrhoids, pain in the calf, headache and lower back pain.

Point Dynamics

Use of the Luo point will open communication between the Kidney and Bladder channels, providing the Kidneys with Yang Qi and the Bladder with Yin Qi. This will promote the circulation of Kidney Qi to regulate the overall Yin/Yang balance within

the body. Strengthens the overall circulation of Qi to the Kidney pathway through its connection to KI 1.

BL 59 - *Fuyang* (Foot Bone Yang)

Location

3 cun above BL 60 on a line between BL 58 and BL 60.

Needle

5 fen (perpendicular). Moxa - 5-7

Features

Xi-Cleft point of Yang Qiao Mai.

Connections

Yang Qiao Mai.

BL 60 - *Kunlun* (Mountains of Kunlun, a chain of mountains in NW China)

Location

At the level of the lateral prominence of the lateral malleolus, between the posterior border of the malleolus and the anterior border of the calcaneal (Achilles) tendon, in the depression.

Needle

3-5 fen (perpendicular). Moxa - 3-7

Features

Fire and Jing point. Eliminates Wind and relaxes tendons (nerves).

Indications

Chronic back problems, especially in the area between the shoulder blades.

Point Dynamics

Regulates the balance between the Fire and Water, to promote the circulation of fluids within the Water element and control the Fire (via the Ke cycle). If the Upper Heater is not functioning efficiently, the flow of Qi along the Bladder channel can become disturbed in the region between the shoulder blades, causing stagnation and pain. BL 60 will open up communication between the Bladder and Upper Heater (through channel connections) to promote the circulation of energy through this area and de-obstruct stuck Qi.

BL 61 - *Pushen* (Set on the Calcaneus)

Location

In the depression on the lateral face of the calcaneus, 1.5 cun directly inferior to BL 60.

Needle

3 fen (perpendicular). Moxa - 3-7

Connections

Yang Qiao Mai.

BL 62 - *Shenmai* (Vessel of the Hour of Shen, 3-5pm)

Location
Directly below the lateral malleolus, inferior and slightly posterior to its lower border, between the tendon sheath of the peroneus brevis and longus and the calcaneo fibular ligament (which can be felt when the foot is extended).

WHO location
On the lateral aspect of the foot, directly inferior to the prominence of the lateral malleolus, in the depression between the inferior border of the lateral malleolus and the calcaneus.

Note: BL62 is located in the depression distal to the inferior border of the lateral malleolus. The corresponding medial acupuncture point to BL62 is KI6.

Needle
3 fen (perpendicular). Moxa - FORBIDDEN

Features
Master point of Yang Qiao Mai. Coupled point of Du Mai. Acts on the Shen. Clears Wind, relaxes tendons (nerves) and invigorates the channels. Removes obstructions from Yang Qiao Mai.

Connections
Yang Qiao Mai.

Indications
Mental illness and epilepsy if symptoms are worse during the day. Tonify for excessive sleeping, sedate for insomnia.

Point Dynamics
Regulates the distribution of Yang energy to the Upper Heater (head) because it is the Master point of Yang Qiao Mai (the Yang accelerator channel). Absorbs excess Yang in the head, which causes anger with a flushed face.

By increasing the movement of energy there will be increased movement of fluids through the system to de-obstruct and nourish.

BL 63 - *Jinmen* (Door of Gold)

Location
On a horizontal line with BL 61 in the depression on the calcaneus just posterior to the cuboid. The point is approximately 1 cun anterior to a vertical line through the tip of the malleolus.

Alternative location - Beijing: Posterior to the tuberosity of the 5th metatarsal - about 1 cun anterior to the above location.

WHO location
On the dorsum of the foot, distal to the anterior border of the lateral malleolus, posterior to the tuberosity of the fifth metatarsal bone, in the depression inferior to the cuboid bone.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Xi-Cleft point.

Connections
Yang Wei Mai.

Indications
Epilepsy, sciatica, lower back pain, headache.

Point Dynamics
Being the Xi-Cleft point and having connections to Yang Wei Mai, this point clears and consolidates the distribution of Wei Qi through Tai Yang, aiding the defence and warming of the system.

BL 64 - *Jinggu* (Bone Capital)

Location
Inferior and anterior to the tuberosity of the 5th metatarsal at the junction of 'red and white' skin.

Alternative location - Wu Wei Ping: In a similar position to the Beijing location of BL 63.

Needle
3-5 fen (perpendicular). Moxa - 3-7

Features
Yuan point. Calms the Shen and disperses Wind.

Connections
Receives Transverse Luo from KI 4.

Indications
Lower back pain, epilepsy, haematuria.

Point Dynamics
BL 64 will promote the exchange of Qi and fluids between the Kidney and Bladder, via the Transverse Luo connection. This helps to cool the Bladder and tonify the circulation of Kidney Qi, to control the Fire and nourish the Liver Yin. This in turn will promote the free flow of Qi and aid Wood's distribution of Wei Qi. As the Yuan point, BL 64 will regulate the Bladder organ and aid the defensive function of Tai Yang.

BL 65 - *Shugu* (Restraining Bone)

Location
Posterior and inferior to the head of the 5th metatarsal.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Wood and Shu point.

Indications
Backache, headache, blurred vision, sore eyes, mental confusion.

Point Dynamics
Promotes the circulation of energy from Water to Wood to cool the Liver Yin; facilitate the passage of Wei Qi from the Kidneys to the Liver for storage; and promote the Gall Bladder's function of distributing Wei Qi to the surface.

BL 66 - *Tonggu* (Bursting of the Valley)

Location
In the depression anterior and inferior to the 5th metatarso-phalangeal joint.

Needle
2 fen (perpendicular). Moxa - 3-5

Features
Water and Yong point.

Indications
Headache, blurred vision, epistaxis.

Point Dynamics
BL 66, as a Water and Yong point, will promote the circulation of Water energy throughout the system to cool Liver Fire and regulate the Heart and Pericardium. Being the Horary point, it will strengthen Qi within the Bladder and Kidneys to promote their functions.

BL 67 - *Zhiyin* (Arrival of Yin)

Location
1 fen lateral and posterior to the lateral angle of the root of the nail of the little toe.

Needle
2 fen (perpendicular). Moxa - 3

Features
Metal and Cheng point. Root point of Tai Yang. Control point of Muscle/Tendino and Divergent meridians.

Connections
Receives Transverse Luo from KI 4.

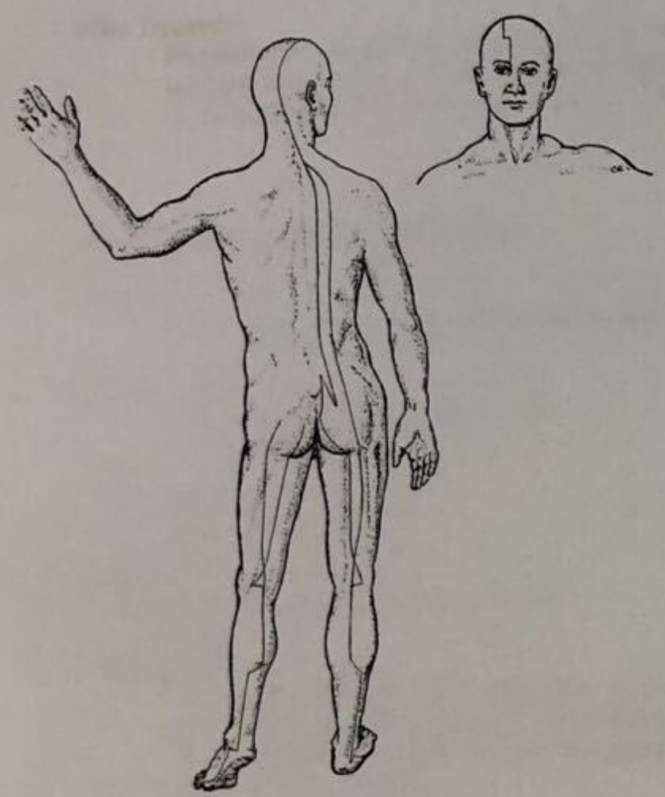
Indications
Clears the mind, strengthens the eyes. Moxa for malposition of the foetus.

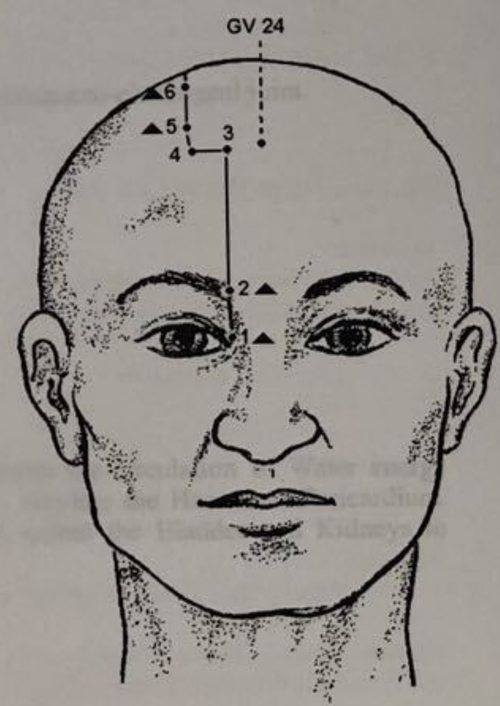
Point Dynamics
As the last point of the Bladder channel, BL 67 will promote the onward circulation of Zhen Qi to the Kidney meridian to strengthen Kidney function. This is reinforced by the KI/BL Divergent connections.

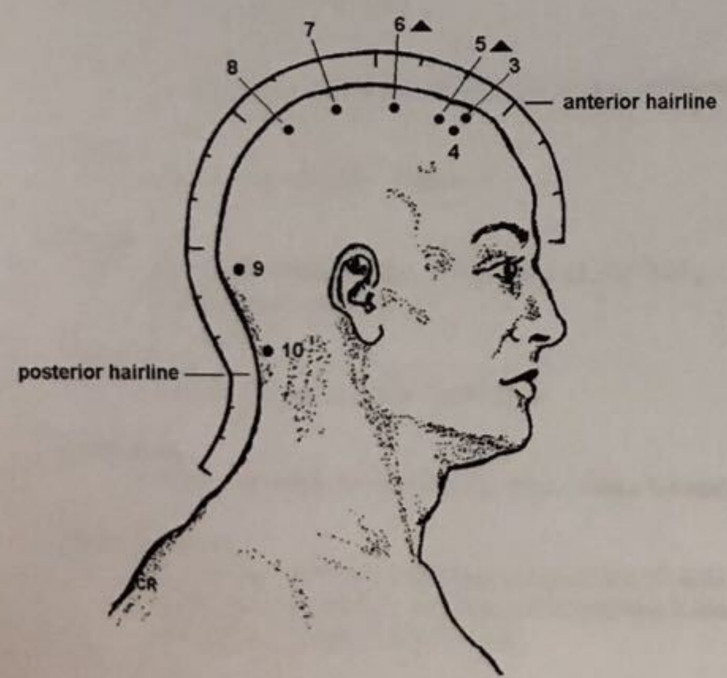
BL 67 will regulate circulation within the Lower Heater and the movement of substances to the Upper and Middle Heaters, nourishing the Wood and Fire elements (Sheng and Ke cycles). This point's action to regulate the Lower Heater is why it is used for malposition of the foetus.

As the Cheng points activate the Muscle/Tendino channels, BL 67 is useful for conditions such as acute back pain, due to its ability to de-obstruct the channel.

BLADDER SURFACE CHANNEL







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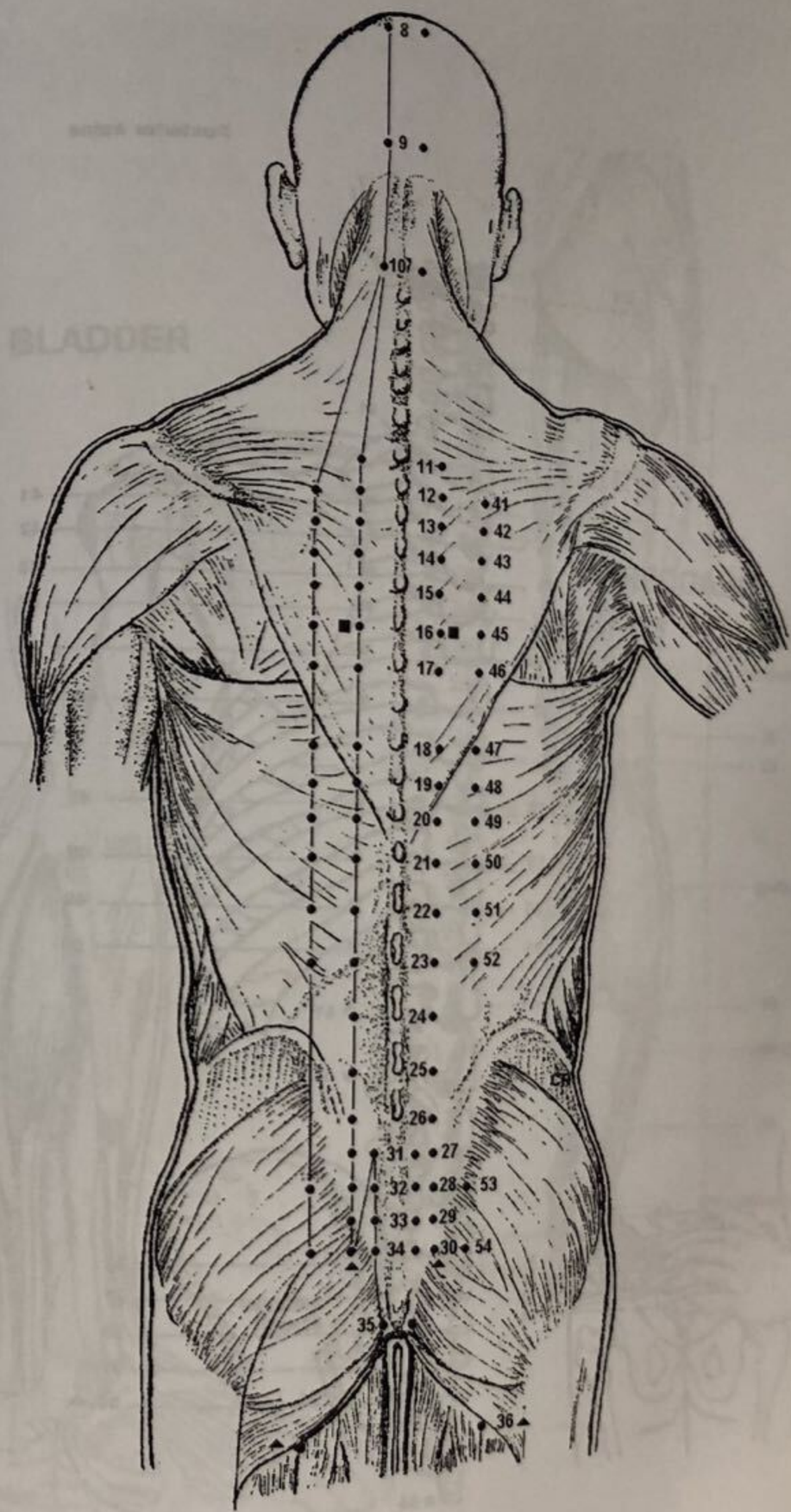

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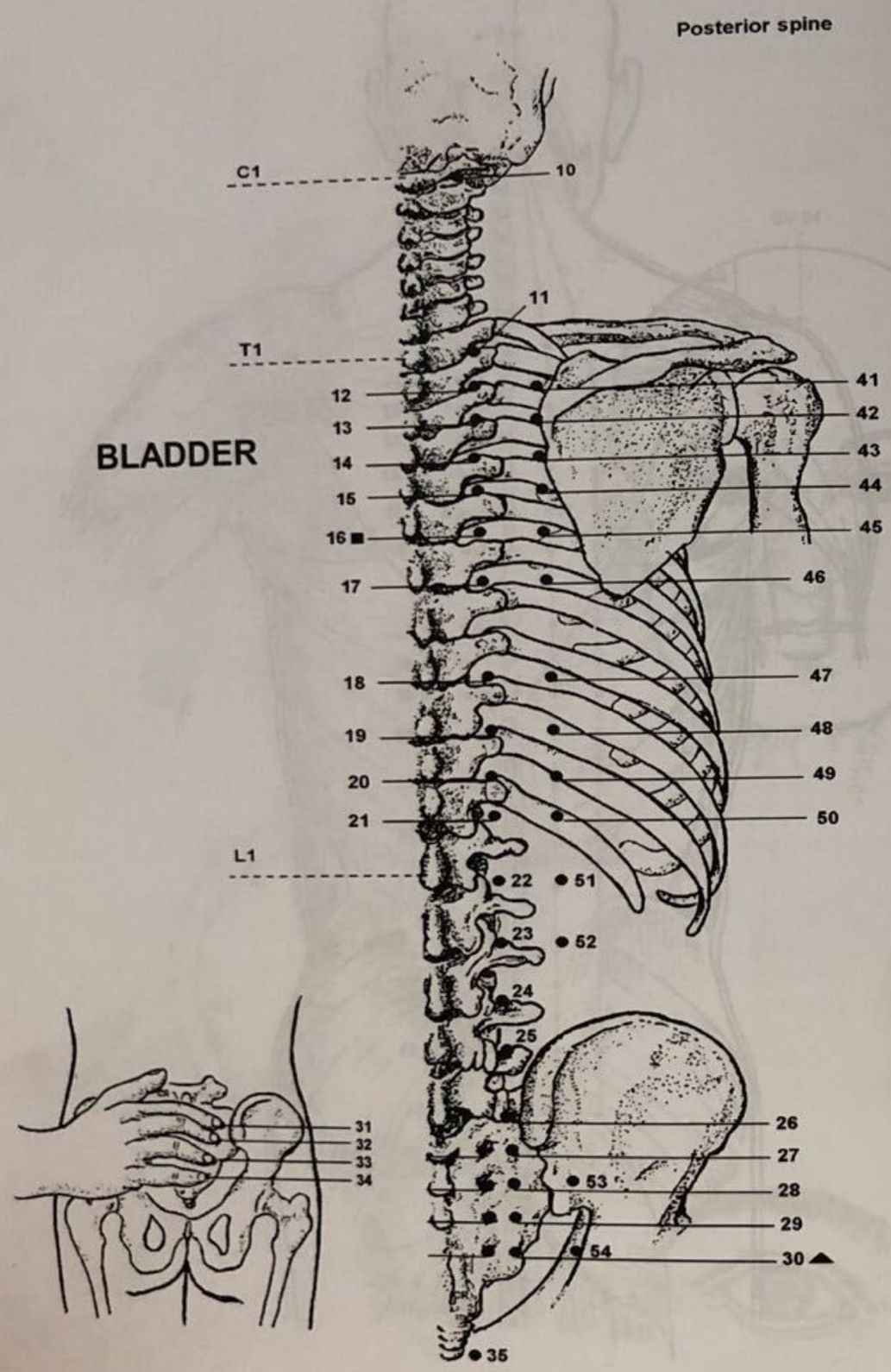

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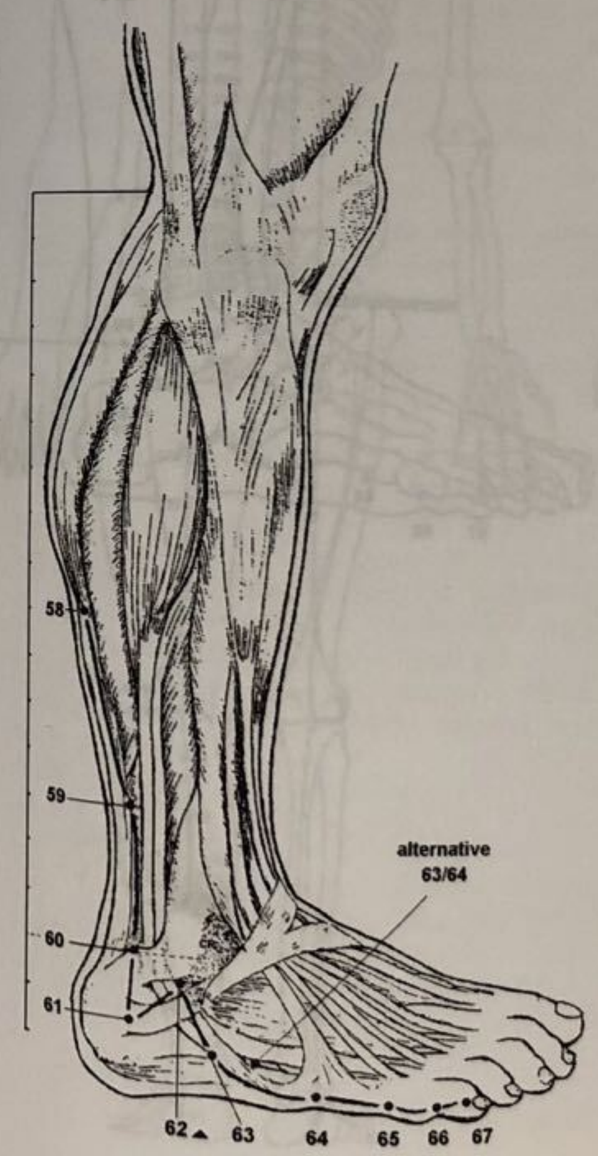

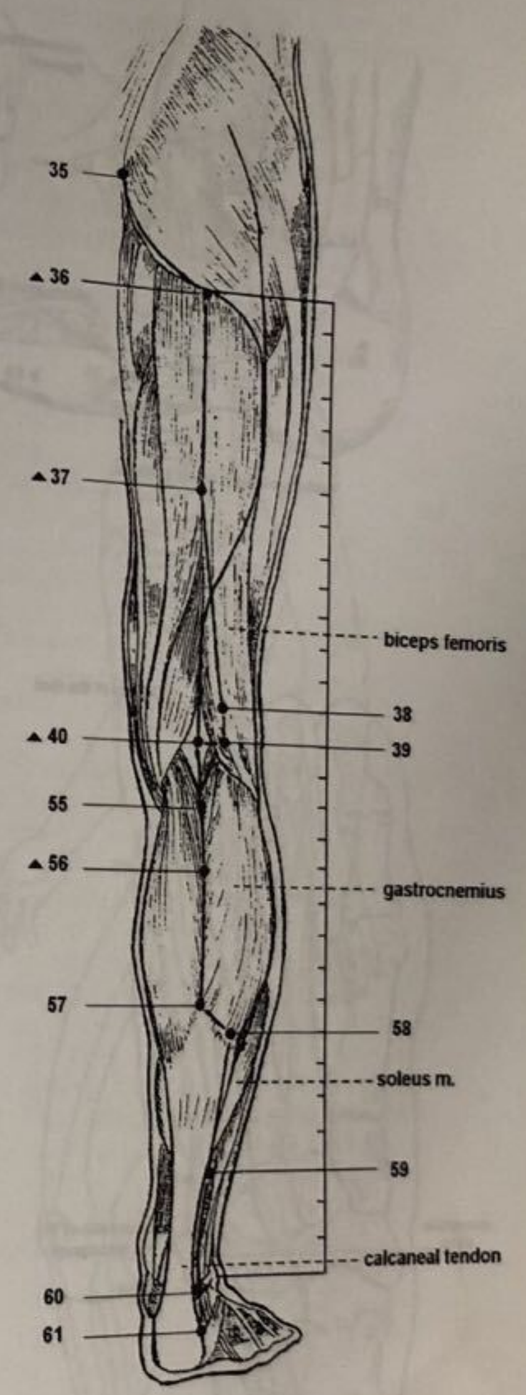

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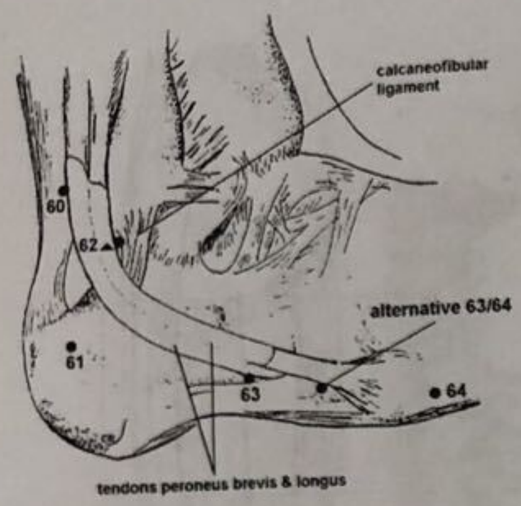

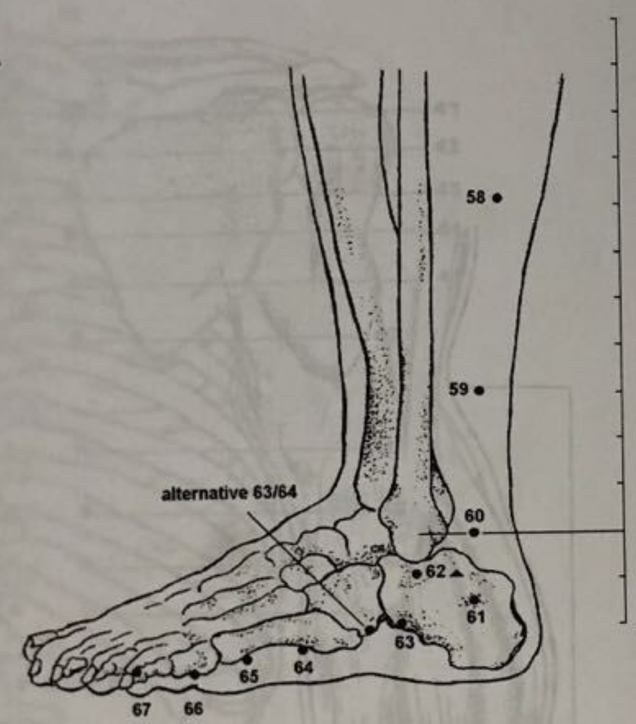

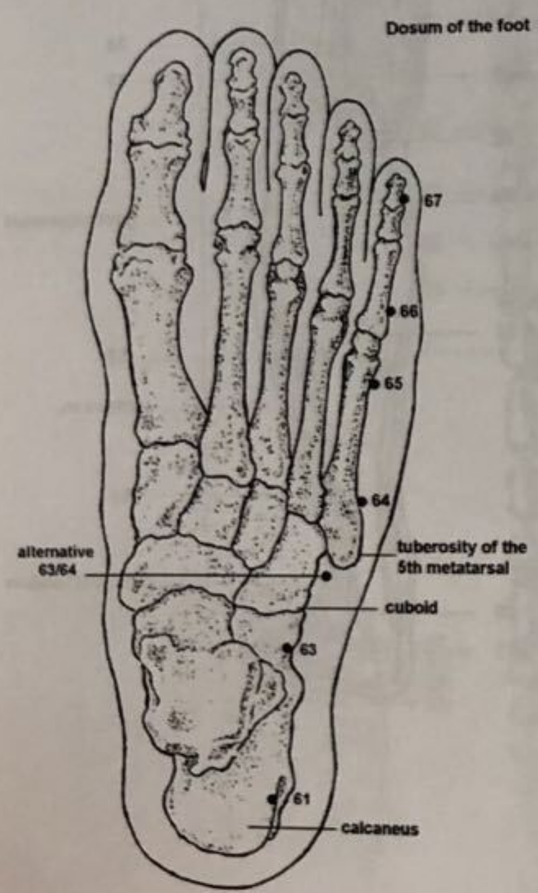

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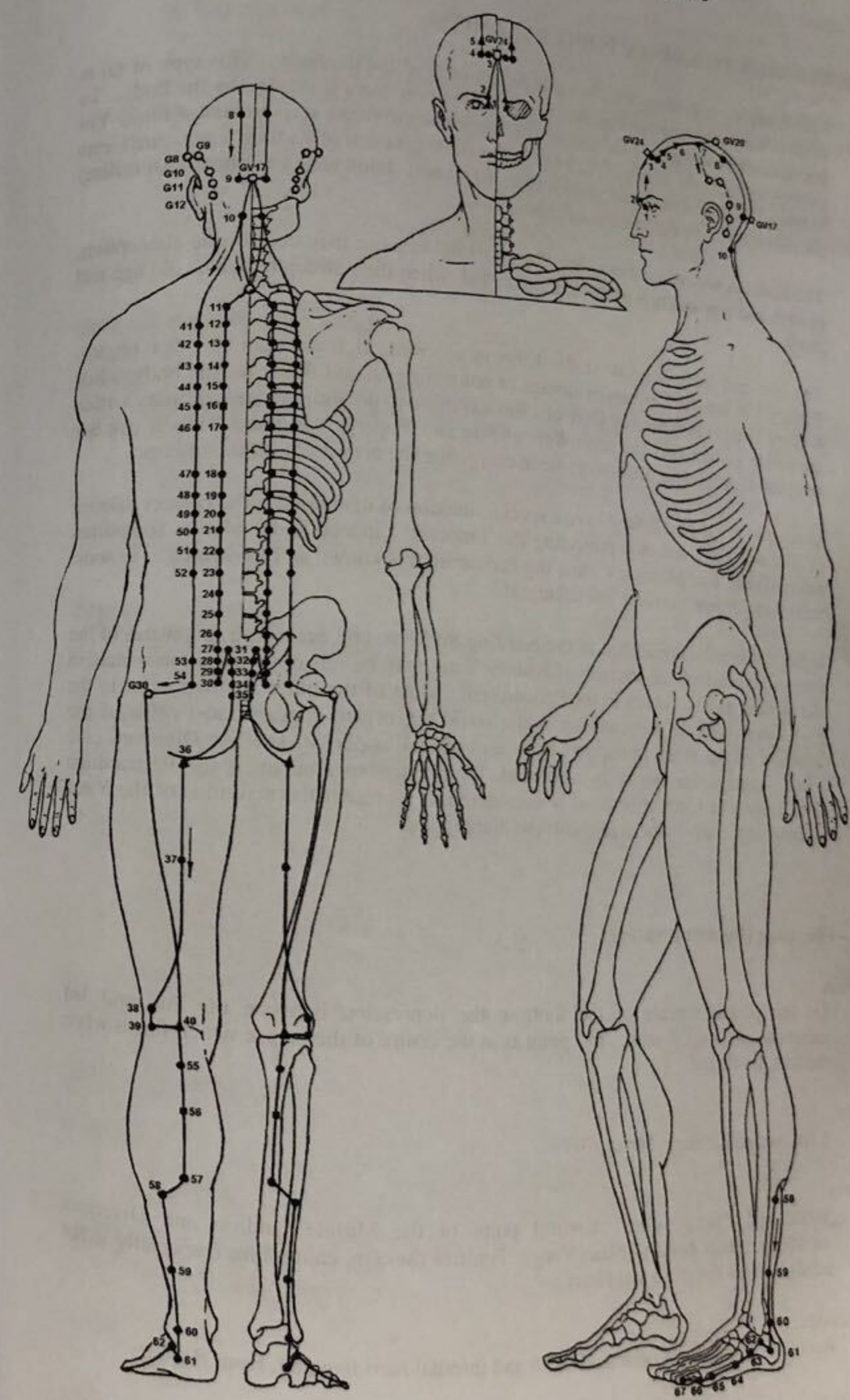
BLADDER MAIN CHANNEL WITH INTERNAL PATHWAYS



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KIDNEY CHANNEL: *ZU SHAO YIN SHEN JING*

INTRODUCTION TO KIDNEY POINT DYNAMICS

The Kidneys store Jing which is the energy reserve for the body. This type of Qi is neither Yin nor Yang but can be utilised in whatever form is needed by the body. To become active it requires the action of Kidney Yang to move and circulate Kidney Yin (which includes the fluids of the body). The heating action of Kidney Yang transforms Kidney Yin into a mist (the various types of Qi and fluids which the body can utilise) and circulates it to the organs and channels.

The Kidneys are referred to as the 'Root of Life' because they control the conception, growth and reproduction of the individual and, when their strength wanes, old age and death.

The Yin and Yang aspects of the Kidneys are more defined than in other organs. Kidney Yin has the function of storage of nourishing Qi and fluids for the body, while Kidney Yang (Ming Men or Gate of Life) has more to do with dynamic activity within the whole system. As the controllers of Fire and Water - Yang and Yin - it can bee seen that they have an important role in energizing the activity of all the organs.

In relation to the Heart, they have a special function of maintaining the correct balance of Yin and Yang and thus protecting the 'Emperor' - indeed Ming Men is sometimes referred to as Fire Minister - while the Pericardium is known as Fire Prince ... in some texts these designations are interchangeable.

In the radial pulses described in the Nei Jing Su Wen, and according to several of the later pulse masters, the strength of Kidney Yang may be felt in the position which, in the modern pulses, relates to the Pericardium. Most of the older writings refer to the Five Zang while the Pericardium as the sixth Yin organ, appears most often as the 'function' of the Heart (pumping) or as an essential aspect of the Six Divisions (Jue Yin). Acupuncture theory is simplified, for the serious student, if the Pericardium (also known as Circulation-Sex) is considered to represent the activities of the Yang Kidney, especially in the area above the diaphragm.

KI 1 - *Yongquan* (Bubbling Spring)

Location

On the plantar surface of the foot, in the depression between the 2nd and 3rd metatarso-phalangeal joint. The point is in the centre of the crease which forms when the toes are flexed.

Needle

5 fen (perpendicular). Moxa - 3-7

Features

Wood and Cheng point. Control point of the Muscle/Tendino and Divergent meridians. Root point of Shao Yang. Tonifies the Yin, calms Fire (especially in the head). Calms the mind and Heart.

Connections

Receives Transverse Luo from BL 58 and internal meridian path from BL 67.

Indications

Emergency point - bleed for emergency states, i.e. coma with other Cheng points. Dizziness, fever, lethargy, eye problems.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')

The first point of the Kidney Channel is the Wood and Cheng Point. The characteristic of Wood energy is expansion and the Cheng point activates and draws Qi from the Muscle/Tendino and the Divergent Channels. The point therefore has a very wide action, drawing dynamic Yang into the channel to act on the essential Yin of the whole system. Its relationship with the Mind and Heart is through the Shao Yin Division, of which it is the Root point. KI 1, therefore helps to harmonize the Fire and Water or Yin/Yang balance of the entire system.

It has a strong action on the head (Divergent Channel links CV 23 to BL 10) and the sensory receptors and it is a major revival point because it releases Qi through the Cheng point connections and through direct action on the Kidneys.

KI 2 - *Rangu* (Blazing Valley)

Location

In a depression on the anterior/medial (anatomical position) edge of the foot at the distal and inferior border of the navicular.

Alternative location - Wu Wei Ping: Below the navicular eminence.

Needle

5 fen (perpendicular). Moxa - 3-5

Features

Fire and Yong point. Eliminates Fire, especially from the throat. Cools the Blood. Strengthens Yin Qiao Mai.

Indications

Tonify with KI 3 to eliminate Heat from the Blood. Irregular menstruation, uterine prolapse, diarrhoea, haemoptysis.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')

KI 2, the Fire and Yong point, gives movement to existing Qi in the channels. As the Fire point of the Water channel, it will assist in the balance of Yin and Yang throughout the system. By sedating and cooling Fire, it will strengthen Yin Qiao which moves Kidney Yin Qi to the head. This point may be used to cool Heat from the Blood and, as it is also the Yong point, to strengthen the action of Kidney Yang in moving nourishing Kidney Yin.

KI 3 - *Taixi* (Supreme Valley)

Location

Level with the tip (eminence) of the medial malleolus in the depression between it and the calcaneal tendon. The point is on the posterior tibial artery.

NOTE: Felix Mann's numbering of the Kidney Meridian differs from traditional numbers between KI 3 and KI 6.

Needle

3 fen (perpendicular or towards malleolus). Moxa - 3-5

Features

Earth, Yuan and Shu point. Tonifies Kidney Qi. Pacifies empty Fire caused by empty Yin. Promotes function of Uterus. Strengthens the back and knees.

Connections
Receives Transverse Luo from BL 58.

Indications
All indications of Kidney organ and Channel. Strengthens Kidney Yin.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Yuan, Shu and Earth point, this is the most frequently used point of the Kidney Channel. Its major function is to strengthen the Zang and to restore Kidney Qi and Kidney Yin (the fluids and nutritive energy of the body). This is achieved by drawing (via the Ke Cycle) on the post-natal Qi and fluids which are processed by the Spleen and Stomach (Earth) and activating Yuan (pre-natal Qi) to transform them in the Kidneys into Jing Qi or Kidney Qi, thus strengthening, not only the Kidneys, but the whole system.

By establishing Jing Qi within the Kidneys the symptoms of Empty Fire will abate and dynamic Yang activity, to transform and move the Qi and fluids, will return to the organ. It will also restore the Kidney's function of 'grasping' Qi and storing it as a reserve for the whole system.

The action of KI 3 on the Uterus is due to the restoration of the Ke or controlling cycle between Earth and Water (the Uterus is strongly influenced by the Spleen). The Uterus controls the female reproductive energy (an aspect of Jing Qi) related to the Kidney.

KI 3 also receives the transverse branch of the Bladder Luo Mai - it therefore assists in the balance of Water's Yin and Yang organs. The Bladder channel has a major control over the back and the knees due to its double pathway and Shu points. The Kidney Muscle/Tendino channel has a pathway which travels up the medial aspect of the leg and then along the internal aspect of the spine. The Yuan point will provide additional Qi from the main channel to the Muscle/Tendino channels and therefore this point has a strong influence on the upper and lower back and the knees.

KI 4 - *Dazhong* (Large Bell)

Location
5 fen inferior and slightly posterior to KI 3, in the depression anterior to the attachment of the calcaneal tendon.

Alternative location - Wu Wei Ping: In a similar position but he specifies between two tendons, presumably the plantaris ligament and the calcaneal tendon.

Needle
3 fen (perpendicular). Moxa - 3-7

Features
Luo point

Connections
Transverse Luo to BL 64 and BL 67.

Indications
Asthma, lower back pain, lethargy, dysuria.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Luo point of the channel, KI 4 will move Qi which is stored in the Zang and circulate it throughout the system. This is most often necessary when there is plenty of

Qi within the organ but the Kidney Yin's function of *storage of Qi* is dominating. In this sense the Luo point can be said to provide dynamic Yang Qi to circulate Kidney Yin Qi. If unsure about the amount of Qi available to the Kidneys, combine KI 4 with Qi and fluid tonification points, such as ST 36.

KI 5 - *Shuquan* (Water Source)

Location
1 cun inferior to KI 3 just above the superior border of the calcaneus.

Needle
4 fen (perpendicular). Moxa - 5

Features
Xi-Cleft point.

Indications
Pain around umbilicus.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Xi-Cleft point of the channel, it will clear blockages due to the additional Qi it makes available. It might be considered for use with SP 8 to strengthen the Uterus.

KI 6 - *Zhaohai* (Sea of Luminescence)

Location
1 cun below the inferior border of the medial malleolus between the tendons of the tibialis posterior and the flexor digitorum longus.

Alternative location - Wu Wei Ping: 4 fen below the medial malleolus.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Master point of Yin Qiao Mai. Coupled point of Ren Mai. Eliminates Heat. Calms the mind. Promotes the function of the Uterus. Strengthens Kidney Yin. Removes obstructions from Yin Qiao Mai.

Connections
Yin Qiao Mai.

Indications
Tonify for insomnia. Sedate for excessive sleeping. Mental illness and epilepsy (if worse during the night), tonifies Yin. Eases throat and chronic Lung problems (with Lu 7).

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Master Point of Yin Qiao Mai (Mover of Yin Qi) this point will activate the Yin aspects of Kidney Qi, aiding and directing its transport to the head. In cases of insomnia this point is tonified, while BL 62 (the Master Point of Yang Qiao Mai) is sedated. When there is too much sleeping these points may also be used, but tonification and sedation are reversed. Its action on the Uterus is derived from its relationship with Ren Mai as the Coupled point.

Yin Qiao, especially when paired with Ren Mai, re-establishes the fluid balance of the body and, in relation to the Lungs, transfers fluids from the Lungs to the Kidneys and Qi from the Kidneys to the Lungs to invigorate respiration.

KI 7 - *Fuliu* (Returning Current)

Location
2 cun above KI 3 (the prominence of the malleolus), anterior to the calcaneal tendon on the posterior tibial artery.

Confusion arises concerning the location of this point due to the fact that many texts indicate 3 cun above the malleolus, and this is correct if the measurement is taken from the inferior border rather than the tip.

Needle
4 fen (perpendicular). Moxa - 3-7

Features
Metal and Jing point. Eliminates Damp-Heat. Regulates Kidney Qi and strengthens the Kidneys.

Indications
Oedema. Tonify (with HT 6) for night sweating.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
Metal energy (drying and contracting) enters KI 7 on the Sheng cycle and, as it is also the Jing point, Qi is circulated to the surrounding tissues. KI 7 is used to regulate fluids and is therefore useful for oedema, sweating and for all problems of Heat and Damp, especially in the urogenital system. Its ability to strengthen the Kidneys, especially Kidney Yang, makes it an important point for all disorders of the organ and its functions.

As the point which unites Metal and Water, KI 7 regulates the interaction of the Lungs and Kidneys; especially the Kidney function of 'grasping Qi'. Da Qi is an important source of Yang energy for the body.

KI 8 - *Jiaoxin* (Crossing Letters)

Location
On a level with, and 5 fen anterior to KI 7 (2 cun above KI 3). The point is just posterior to the medial border of the tibia.

Needle
3 fen (perpendicular). Moxa - 5

Features
Xi-Cleft point of Yin Qiao Mai.

Connections
Yin Qiao Mai.

Indications
Irregular menstruation, uterine prolapse, insomnia.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Xi-Cleft point of Yin Qiao, this point will assist in clearing any blockages of the movement of Kidney Yin to the head. It has a strong action on the Uterus.

KI 9 - *Zhubin* (Construction on the Shore)

Location
5 cun superior to KI 3 and 1 cun posterior to the medial border of the tibia.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Xi-Cleft point of Yin Wei Mai. Tonifies Kidney Yin and Yin Wei Mai. Calms the mind.

Connections
Yin Wei Mai.

Indications
Mental disturbances, night sweats, uterine disorders.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
Xi-Cleft point of Yin Wei Mai (the Protector of Yin), KI 9 clears blockages in the channel and acts to harmonize the Pericardium, the Liver and the Kidneys. Through the action of the Eight Extra, it removes pathogenic Heat and disruptive Yang from the Lower Heater.

KI 10 - *Yingu* (Valley of Yin)

Location
At the medial end of the popliteal transverse crease between the semimembranosus tendon (which is quite large) and the semitendinosus tendon (which is easier to locate with the knee flexed).

Needle
4 fen (perpendicular). Moxa - 3

Features
Water and He point. Tonifies Kidney and dispels Heat. Regulates and soothes the Lower Heater.

Connections
Divergent meridian departs from this point. Main meridian travels internally to GV 1 then lower branch to CV 4 and CV 3, while upper branch connects to CV 17 and the mouth.

Indications
Impotence, uterine bleeding, knee pain.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
The He and Water point (and therefore the Horary point), KI 10 clears the channel and the organ. It stimulates Kidney Yin and, because the channel pathway moves inward from this point (to travel through the lower spine, the Kidneys and to CV 4 and CV 3

to re-unite with the Kidney channel at KI 11), its greatest action is on the Lower Heater.

From this point, the Divergent Channel links with BL 40, connects with the Kidney and the Bladder organs and links with Dai Mai (which aids its actions on the Lower Heater) - before travelling through the Heart and then to the Upper Uniting point, BL 10.

KI 11 - *Henggu* (Horizontal bone - Pubis)

Location
On the superior border of the pubic symphysis, 5 fen lateral to the midline (CV 2).

NOTE: Wu Wei Ping locates the abdominal Kidney line (KI 11 - KI 21) at 1.5 cun from the midline.

Needle
FORBIDDEN (Van Buren does not forbid to needle). Moxa - 5-15

Connections
Receives internal branch from CV 3. Chong Mai.

Indications
Impotence, genital pain, menstrual disorders.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
KI 11 is the first point of the Kidney Channel to unite with Chong Mai (which strengthens Qi and Blood and therefore the Kidneys) and to receive the internal branch - which has travelled through the lower internal pathway of the Kidney channel - from CV 3 (where the three lower Yin have united). Used in conjunction with KI 10 there is a powerful action on the Lower Heater.

KI 12 - *Dahe* (Supreme Austerity)

Location
1 cun above KI 11 and 5 fen lateral to the midline (CV 3).

Needle
5-10 fen (perpendicular). Moxa - 5-10

Features
Shokanten point of Tai Yang.

Connections
Chong Mai.

Indications
Leucorrhoea, pain of the external genitalia.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
Shokanten points have a strong impact on functional disorders with a psychological foundation. In this instance, those related to Tai Yang (Bladder and Small Intestine). It is indicated for urogenital disorders such as vaginismus, pain in the penis, frigidity and inability to conceive when such disorders may have an emotional basis.

KI 13 - Qixue (Energetic Point)

Location
2 cun above KI 11 and 5 fen lateral to the midline (CV 4).

Needle
5-10 fen (perpendicular). Moxa - 5-10

Connections
Chong Mai.

KI 14 - *Siman* (Four Full)

Location
3 cun above KI 11 and 5 fen lateral to the midline (CV 5).

Needle
7-10 fen (perpendicular). Moxa - 5-30

Connections
Chong Mai.

KI 15 - Abdomen *Zhongzhu* (Middle of the Junction)

Location
4 cun above KI 11 and 5 fen lateral to the midline (CV 7).

Needle
7-10 fen (perpendicular). Moxa - 5-15

Connections
Chong Mai.

KI 16 - *Huangshu* (Vitals' Hollow)

Location
5 fen lateral to the umbilicus (CV 8).

Needle
10 fen (perpendicular). Moxa - 7

Features
Shokanten point of Shao Yin.

Connections
Chong Mai.

Indications
Diarrhoea, constipation.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
As the Shokanten point of Shao Yin (Heart and Kidney), KI 16 balances the Fire (Yang) and Water (Yin) of the system, or harmonizes the psychological interaction

between the Heart and Kidneys (joy and fear). Regulates functional disorders without a physical basis - such as anorexia, or fatigue without apparent cause. This point is also used to reinforce the action of ST 25 on the intestines.

KI 17 - *Shangqu* (Merchant of Tunes)

Location
2 cun above KI 16 and 5 fen lateral to the midline (CV 10).

Needle
10 fen (perpendicular). Moxa - 7

Connections
Chong Mai.

KI 18 - *Shiguan* (Jade Gate)

Location
3 cun above KI 16 and 5 fen lateral to the midline (CV 11).

Needle
7-10 fen (perpendicular). Moxa - 7

Connections
Chong Mai.

KI 19 - *Yindu* (Capital of Yin)

Location
4 cun above KI 16 and 5 fen lateral to the midline (CV 12).

Needle
7-10 fen (perpendicular). Moxa - 7-10

Connections
Chong Mai.

KI 20 - *Tonggu* (Bottom of the Valley)

Location
5 cun above KI 16 and 5 fen lateral to the midline (CV 13).

Needle
5 fen (perpendicular). Moxa - 7-10

Connections
Chong Mai.

KI 21 - *Youmen* (Gates of Hades - the Pylorus)

Location
6 cun above KI 16 and 5 fen lateral to the midline (CV 14).

Needle
5 fen (perpendicular). Moxa - 7-10

Connections
Chong Mai.

KI 22 - *Bulang* (Walking Promenade)

Location
2 cun from the midline in the 5th intercostal space. This Kidney line is halfway between the mamillary line and the sternal line.

Needle
3 fen (oblique). Moxa - 5

KI 23 - *Shenfeng* (Spiritual Seal)

Location
2 cun from the midline in the 4th intercostal space, level with CV 17.

Needle
3 fen (oblique). Moxa - 5

KI 24 - *Lingxu* (Spirit Burial Ground)

Location
2 cun from the midline in the 3rd intercostal space.

Needle
3 fen (oblique). Moxa - 5

KI 25 - *Shencang* (Spirit Shelter)

Location
2 cun from the midline, in the 2nd intercostal space.

Needle
3 fen (oblique). Moxa - 5

Indications
Asthma due to Lung and Kidneys.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
KI 25 promotes the connection between Kidney and Lung. The descent of Lung Qi and the ability of the Kidney to 'grasp' and hold the Qi will be promoted. It is also used for emotionally related problems of grief and fear.

KI 26 - *Yuzhong* (Eventual Middle)

Location
2 cun from the midline, in the 1st intercostal space.

Needle
3 fen (oblique). Moxa - 5

KI 27 - *Shufu* (Hollow of the Palace)

Location
2 cun from the midline in the depression between the lower border of the clavicle and the 1st rib.

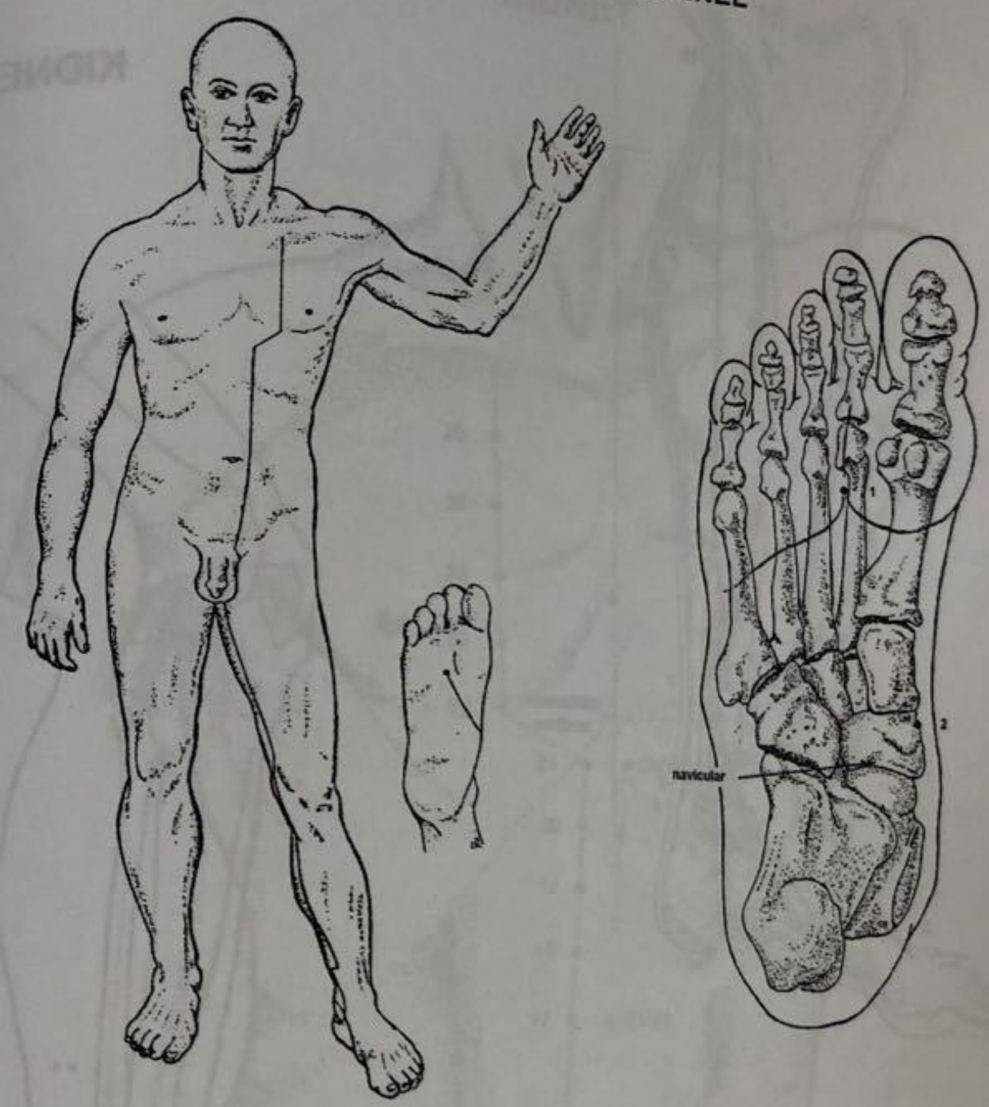
Needle
3 fen (oblique). Moxa - 5

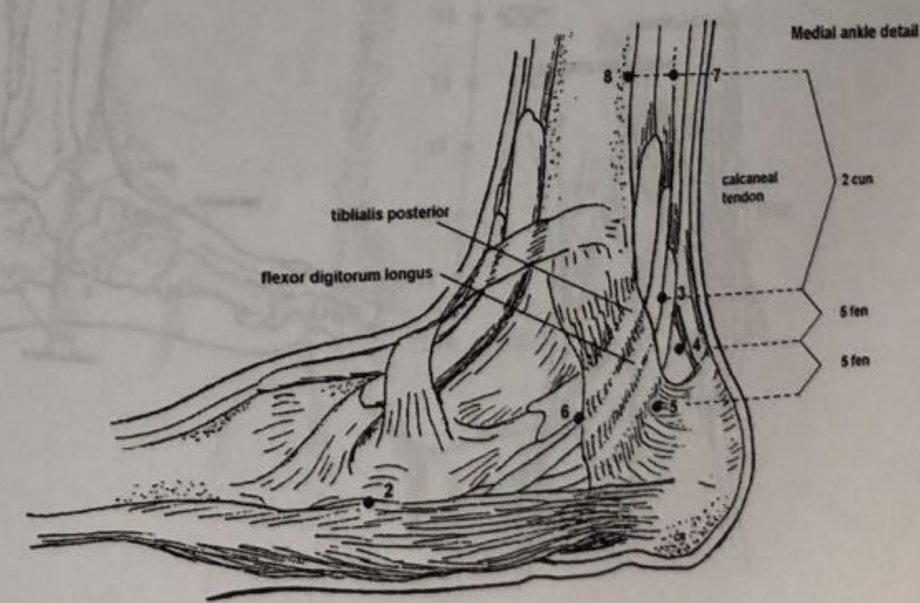
Indications
Left/right imbalance of the Pulse, asthma, vomiting, chest pain, abdominal distension.

Point Dynamics (refer 'Intro. to Kidney Point Dynamics')
It is considered 'normal balance' for the radial pulse of the right hand (Lungs, Spleen and Pericardium - the Qi pulses) to be a little stronger in a female and those of the left hand (Heart, Liver and Kidneys - the Blood pulses) to be relatively stronger in the male. When the respective strengths are reversed or there is an exaggerated level of the normal balance, the pulses are not considered to be reflecting optimum health.

The use of the last surface point of the Kidney channel draws Kidney Qi (the foundation of Yin and Yang) from the start of the channel upwards, through the Triple Energizers (the internal pathway travels through the lower spine, lower abdomen, chest and mouth - and the relative strength of the Triple Energizers themselves are reflected in the distal, intermediate and proximal positions of the pulse) and promotes circulation through the internal and external areas of the channel. The foundation Kidney Qi has the ability to supply deficiencies and clear excesses along the pathway of the channel and therefore this point will adjust the 'left and right' balance of the radial pulses.

KIDNEY SURFACE CHANNEL





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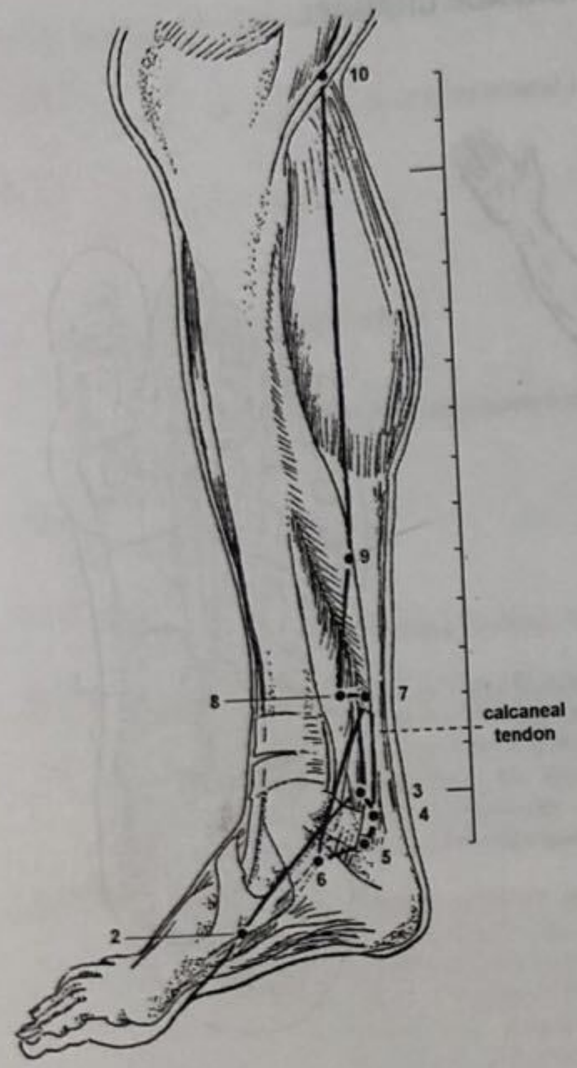
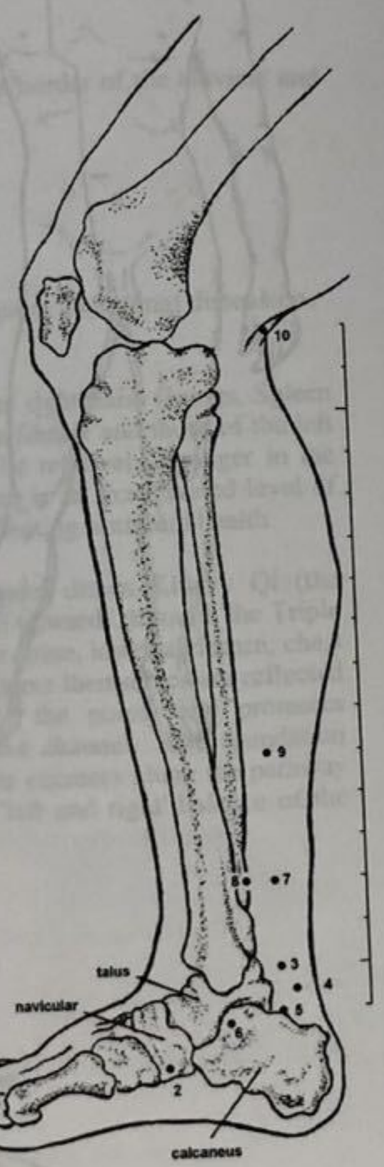
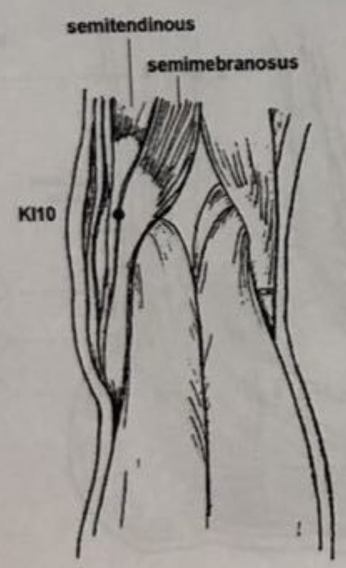
KIDNEY







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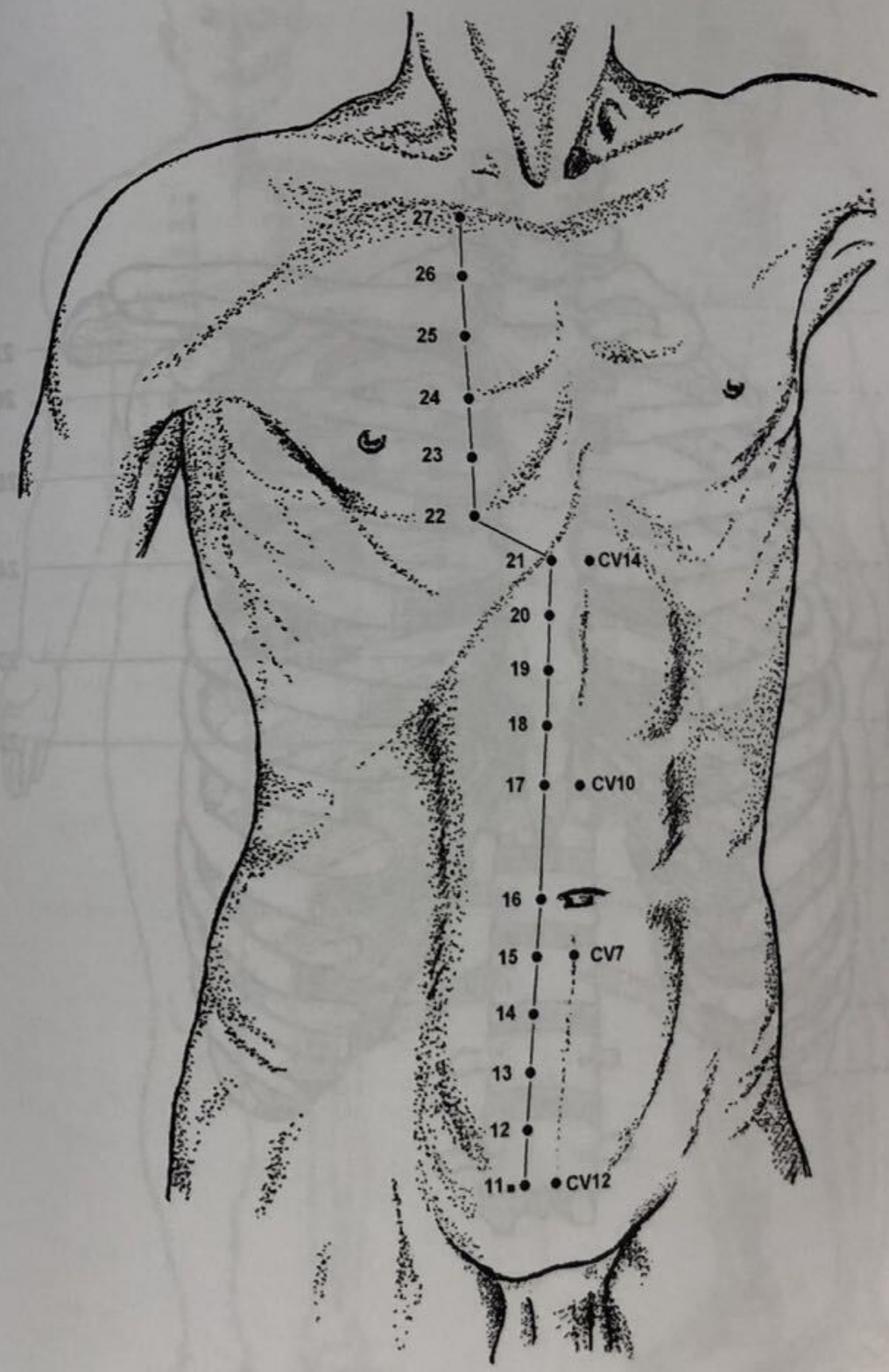
KIDNEY



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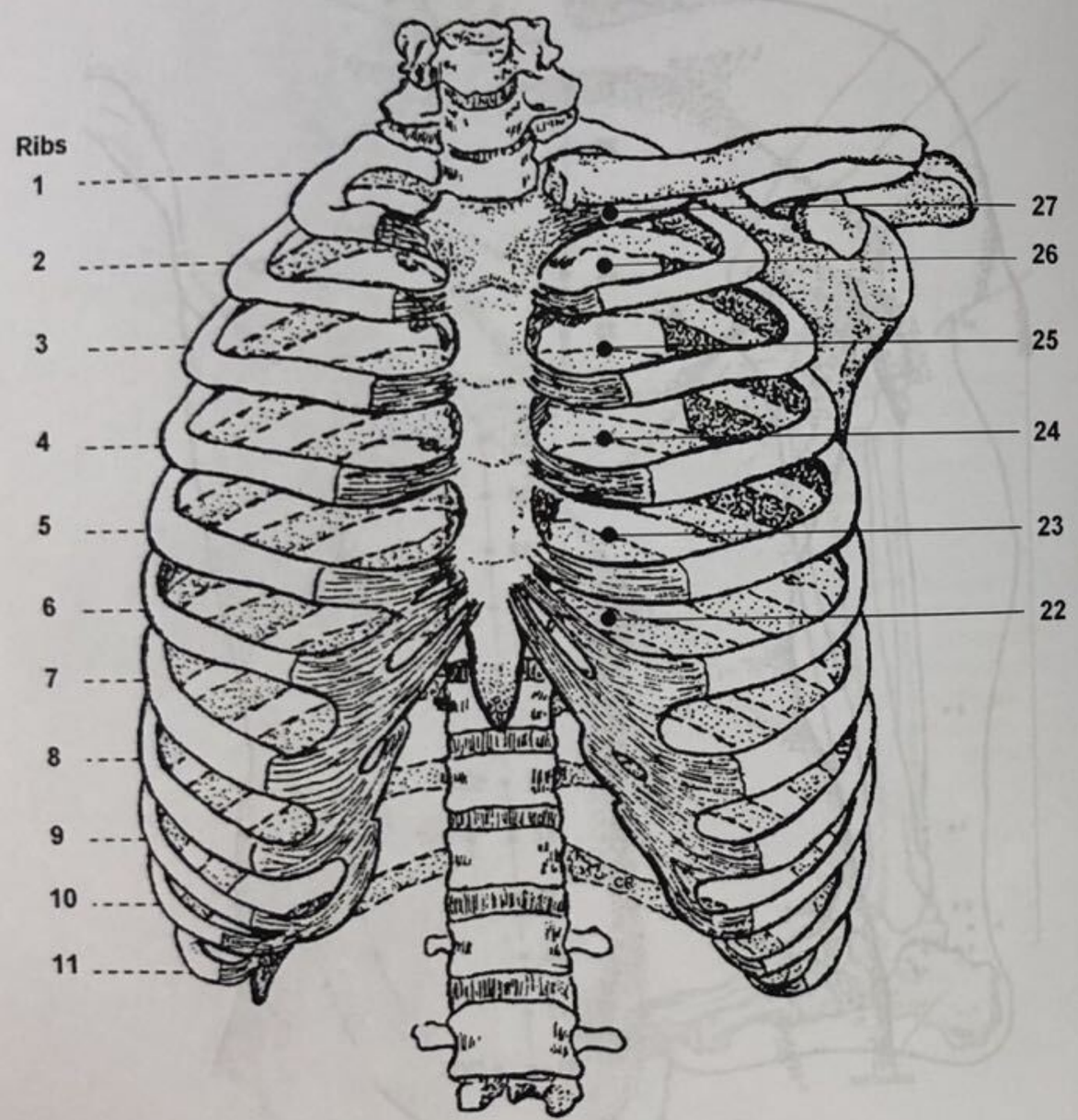
KIDNEY



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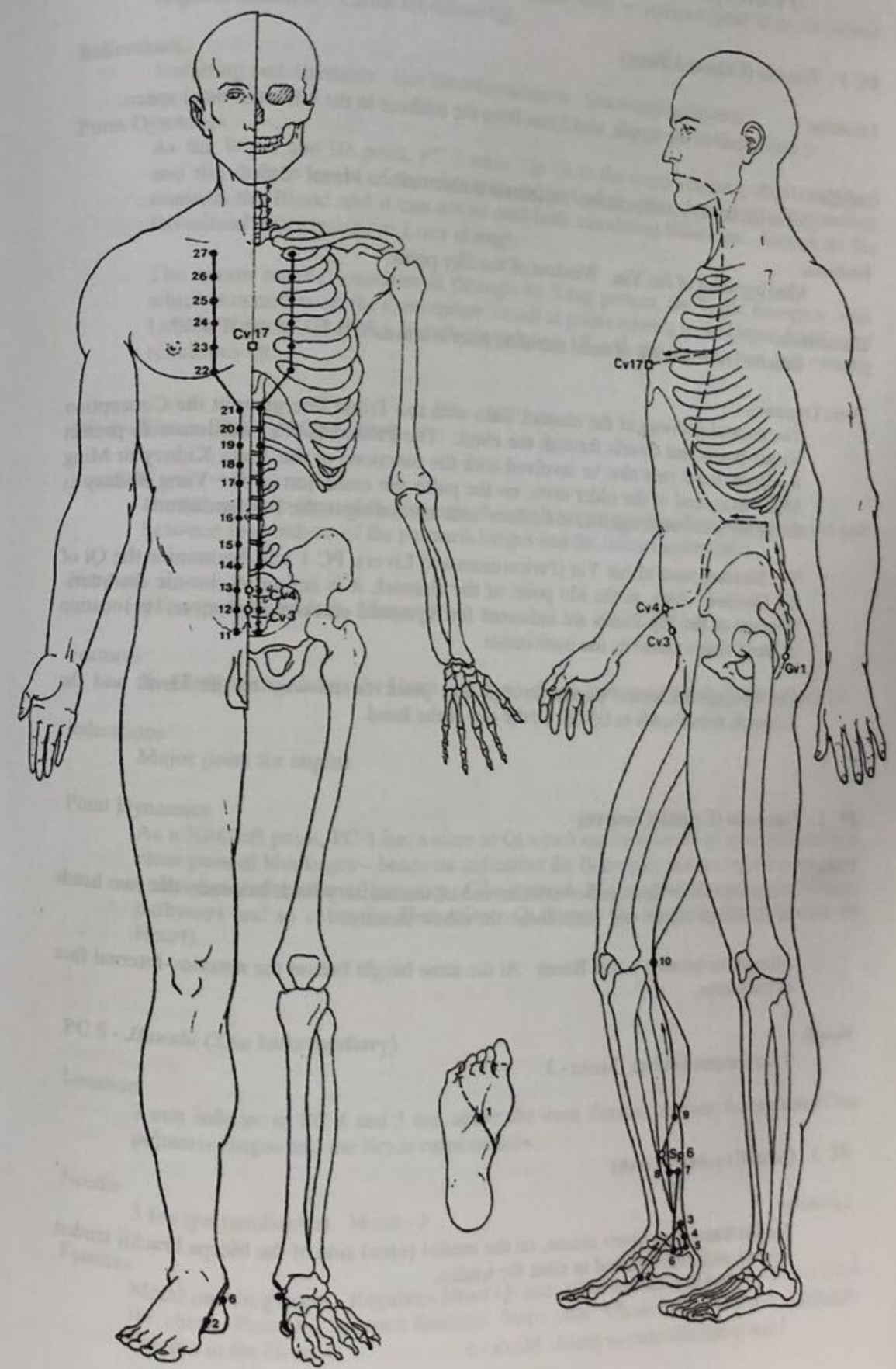
KIDNEY MAIN CHANNEL WITH INTERNAL PATHWAYS



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PERICARDIUM CHANNEL: *SHOU JUE YIN XIN BAO JING*

PC 1 - *Tianchi* (Celestial Pond)

Location
1 cun lateral to the nipple, and 5 cun from the midline in the 4th intercostal space.

Needle
3 fen (oblique) avoid puncture on female breast tissue. Moxa - 3-5

Features
Meeting point of Jue Yin. Window of the Sky point.

Connections
Receives internal path of main meridian after it leaves CV 7, CV 12, CV 17.

Point Dynamics
The internal pathway of the channel links with the Triple Energizer at the Conception Vessel points and travels through the chest. The Pericardium's function is to protect the Heart, but it may also be involved with the functions of the Yang Kidney or Ming Men. In several of the older texts, on the pulse the condition of the Yang Kidney is felt at the location designated in modern texts as relating to the Pericardium.

The Meeting point of Jue Yin (Pericardium and Liver), PC 1 will harmonize the Qi of the Division. Also, as the Mu point of the channel, it is active in chronic disorders. Window of the Sky Points are indicated for repressed emotions however, its location in breast tissue makes its use inadvisable.

The Divergent Channel passes through this point on its way to the Heart and the Stomach, then travels to GV 20 on the top of the head.

PC 2 - *Tianquan* (Celestial Source)

Location
2 cun inferior to the superior/anterior end of the axillary fold, between the two heads of the biceps brachii and 7 cun above the elbow flexure.

Alternative location - Van Buren: At the same height but on the anterior-internal face of the biceps.

Needle
5 fen (perpendicular). Moxa - 3

PC 3 - *Quze* (Crooked Marsh)

Location
On the transverse elbow crease, on the medial (ulna) side of the biceps brachii tendon. Locate with elbow flexed to raise the tendon.

Needle
3 fen (perpendicular) or bleed. Moxa - 5

Features
Water and He point. Frees Heart Qi. Main point to remove Heat from the Blood. Adjusts intestines. Calms rebellious Qi.

Indications
Vomiting and diarrhoea. Hot Blood conditions. Emotional problems.

Point Dynamics
As the Water and He point, PC 3 takes Yin Qi to the organ (calming the Heart Shen) and the deeper levels of the channel. As part of the Fire element, the Pericardium controls the Blood and it can act to cool both circulating Blood and, through its Six Divisional relationship, its Liver storage.

The action on the intestines is through its Yang partner, the Triple Energizer, with which it connects on the Conception Vessel at points relating to the Upper, Middle and Lower Heaters (H.E.M.), thereby regulating Qi and fluid production and calming rebellious Qi.

PC 4 - *Ximen* (Door of Opposites)

Location
On the anterior face of the forearm, 5 cun above the transverse crease of the wrist and between the tendons of the palmaris longus and the flexor carpi radialis.

Needle
4 fen (perpendicular). Moxa - 5

Features
Xi-Cleft point. Calms the Heart and mind. Eases and opens the chest. Regulates Qi.

Indications
Major point for angina.

Point Dynamics
As a Xi-Cleft point, PC 4 has a store of Qi which can be released in acute conditions to clear painful blockages - hence its indication for Heart pain and for 'opening the chest' - also due to the internal pathway of the channel. It is suggested for arm pain (channel pathway) and to calm the Shen (clears Qi through the Upper Heater and hence the Heart).

PC 5 - *Jianshi* (The Intermediary)

Location
2 cun inferior to PC 4 and 3 cun above the wrist flexure, between the tendons of the palmaris longus and the flexor carpi radialis.

Needle
3 fen (perpendicular). Moxa - 5

Features
Metal and Jing point. Regulates Heart Qi and calms the mind. Dispels fullness from the chest. Promotes Stomach function. Stops pain. Clears internal Heat and resolves Phlegm in the Heart.

Indications
Major point for malaria.

Point Dynamics
The Jing point, which distributes Qi to the surrounding tissues, and Metal point, which has a drying and contracting effect (to control Heat and fullness in the channel), PC 5 will therefore resolve Phlegm and restore the Heart/Lung balance in the Upper Heater. This ability to clear Phlegm from the Upper Heater provides its indications for mental disorders.

Its action on the Stomach relates to its Yang partner, the Triple Energizer (which is housed in the Stomach lining). It is the Muscle/Tendino channel of the Pericardium which controls peristalsis in the Stomach.

PC 6 - *Neiguan* (Inner Gate)

Location
1 cun below PC 5 and 2 cun above the wrist flexure between the tendons (see above).

Needle
3 fen (perpendicular). Moxa - 5

Features
Luo point. Master point of Yin Wei Mai. Coupled point of Chong Mai. Similar to PC 5 but also regulates Middle Heater. Activates and regulates Yin Wei Mai. Balances Yin and Yang.

Connections
Transverse Luo to TE 4 and TE 1.

Indications
Cardiovascular, digestive and mental problems.

Point Dynamics
The Luo point of the channel, PC 6 has a similar action to PC 5, but also acts directly on the Heart (via the pathway of the Luo), the Triple Energizer (TE 4 and TE 1 connection) and the Yin/Yang balance of the whole system (as the dynamic aspect of the Yang Kidney - Ming Men - this is more easily understood). Named 'Inner Gate' it opens to the inside of the body and it removes 'disruptive' Yang Qi. Yang Qi is necessary for the functioning of the Yin organs, but an excess of internal Yang causes activity without productivity.

Master Point of Yin Wei Mai, Preserver of Yin, the action of Yin Wei Mai is to calm the digestion, calm the Shen of the Heart and restore the nourishing aspects of Yin internally. As the Coupled point of Chong Mai (Sea of Qi and Blood) it can be used to strengthen the Heart and nourish the Kidneys. It may be used with the Master Point of Yin Qiao (Mover of Yin) KI 6, to remove obstructions in the Lower Heater.

PC 7 - *Daling* (Grand Mound)

Location
At the midpoint of the wrist flexure crease between the tendons (see above).

Needle
3 fen (perpendicular). Moxa - 5-7

Features
Earth, Yuan and Shu point. Calms the mind and pacifies the Stomach. Dispels fullness from the chest and reduces Heart Fire.

Point Dynamics
As the Earth, Shu and Yuan point it balances the Heart/Spleen relationship (or perhaps the Kidney Yang/Spleen relationship). Therefore it provides neutral Qi to reduce Heart Fire and calm the Stomach - especially as Yuan Qi is also circulated.

PC 8 - *Laogong* (Palace of Labour)

Location
Between the 3rd and 4th metacarpals on the 'head' line. When fingers are clenched the point lies between the tips of the middle and ring fingers.

Alternative location - 'European': Between the 2nd and 3rd metacarpals (index and middle fingers) on the 'head' line. NOTE: This is the location preferred by WHO, although both this and the first location are provided.

Alternative location - Wu Wei Ping: On the 'head' line in the middle of the 3rd metacarpal.

Needle
2-3 fen (perpendicular). Moxa - 3

Features
Fire and Yong point. Cools the Heart.

Connections
Internal path to TE 1.

Point Dynamics
As the Fire and Yong point, both Yang and movement are provided by this point. As the Horary point, it will clear the channel and strengthen the organ (to receive Qi on the Horary Cycle). Sedation will cool the Qi in the Fire organs. It is also used to disperse Heat from the Earth (which may be transferred on the Sheng cycle from the Fire element).

PC 9 - *Zhongchong* (Middle Assault)

Location
1 fen posterior and lateral (thumb side) to the angle at the base of the middle fingernail.

Alternative location - Beijing: The midpoint of the tip of the middle finger. NOTE: This is the location preferred by WHO, although both this and the first location are provided.

Needle
1 fen (oblique). Moxa - 3

Features
Wood and Cheng point. Control point of Muscle/Tendino and Divergent meridians. Reduces Fire in the Heart.

Connections

Receives Transverse Luo from TE 5.

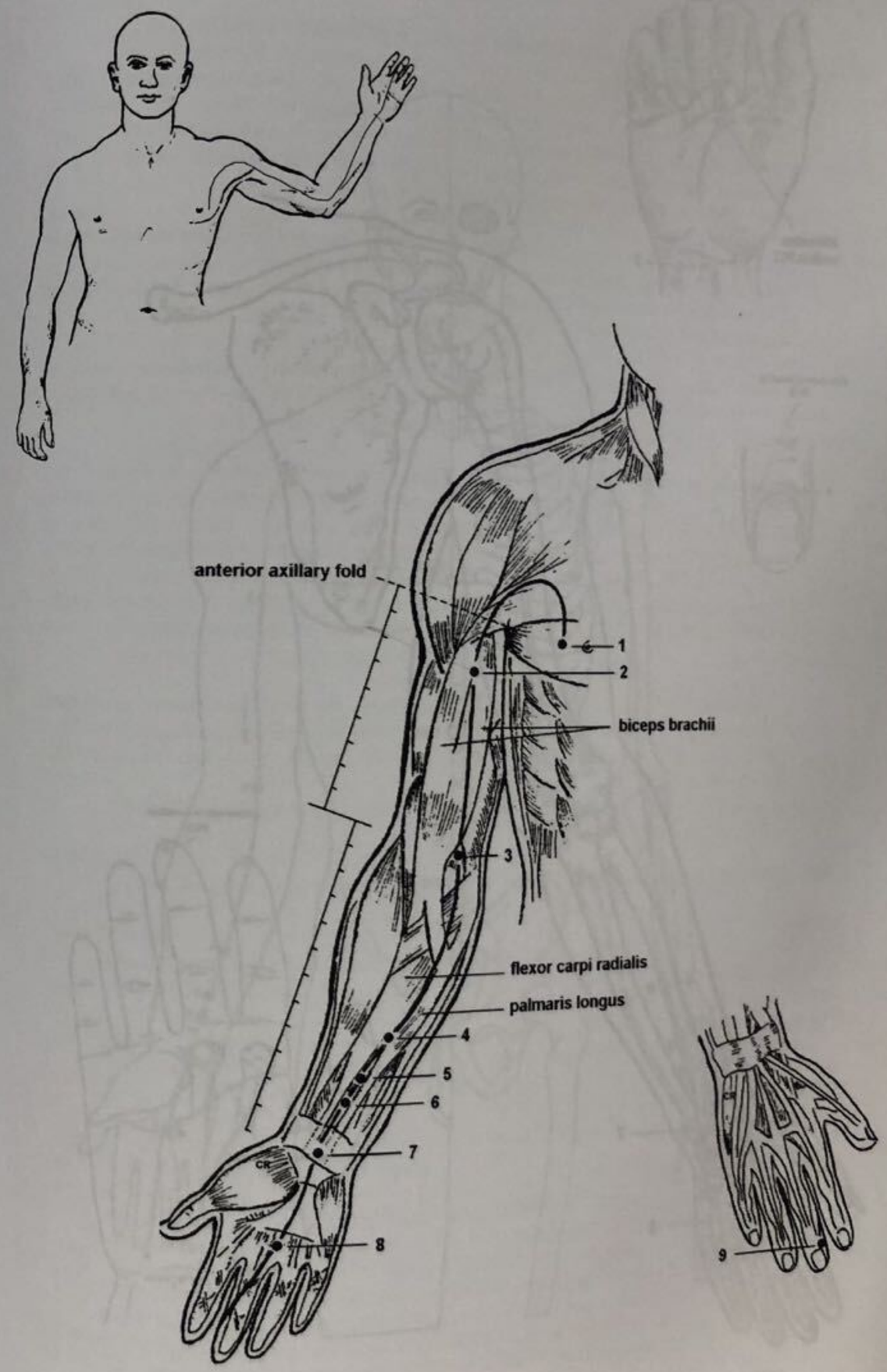
Indications

Bleed for emergency treatments (e.g. coma) as other Cheng points.

Point Dynamics

PC 9, as the Wood and Cheng point, brings dynamic expanding Qi into the channel and activates the channel throughout its length. It will relieve pain in the lateral ribs and activate Qi production in the Stomach due to the pathway of the Muscle/Tendino Channel. The Divergent channel takes Qi to the top of the head, activates the Heart and the Stomach so this point, which activates the Divergent channel, is indicated in emergency treatments. It restores the Wood/Fire relationship and can be used to disperse Heat (from the Liver) in the Heart. Therefore its indications for conditions of shock relating to Heat stroke or Heat exhaustion.

PERICARDIUM SURFACE CHANNEL



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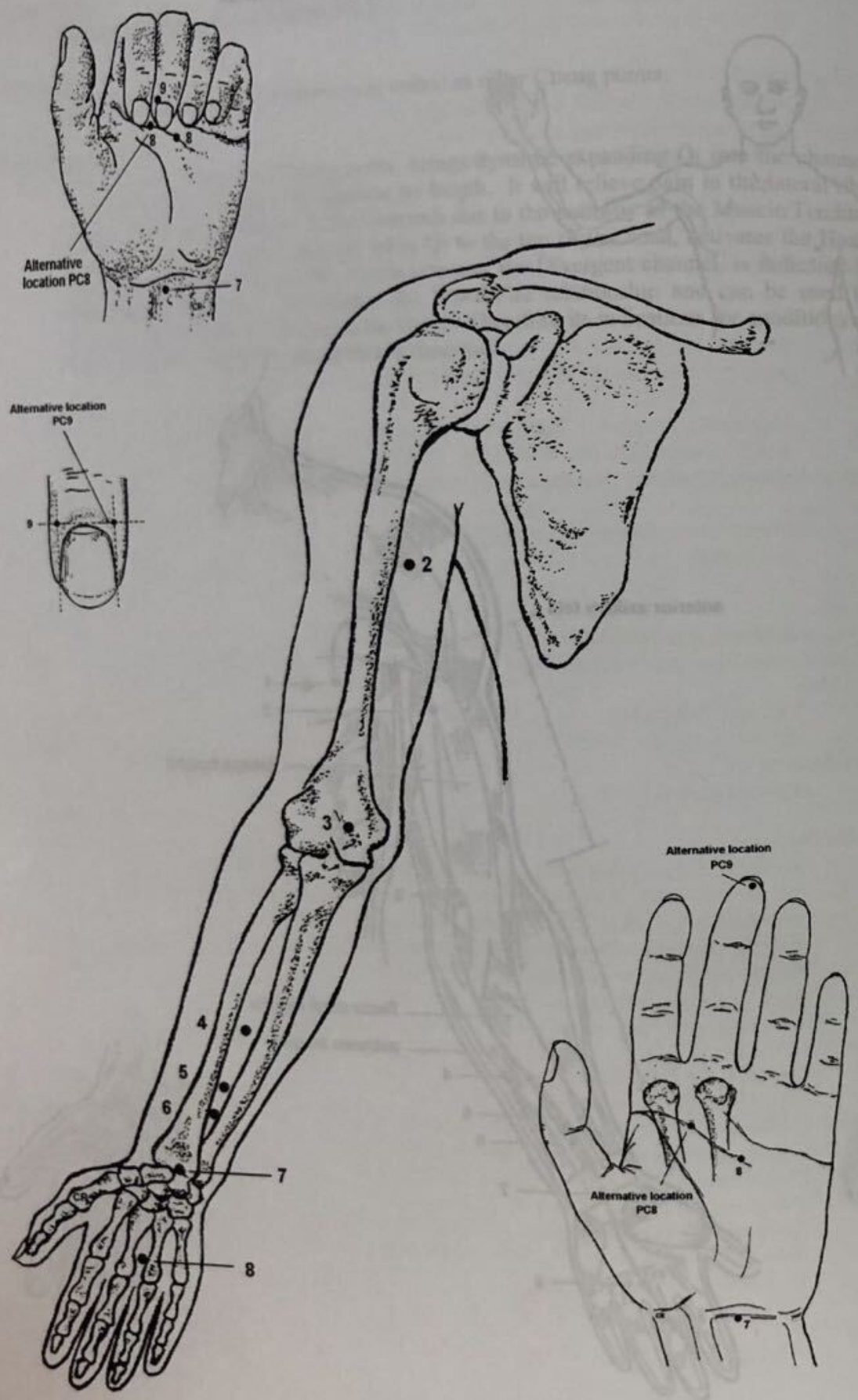
PERICARIUM



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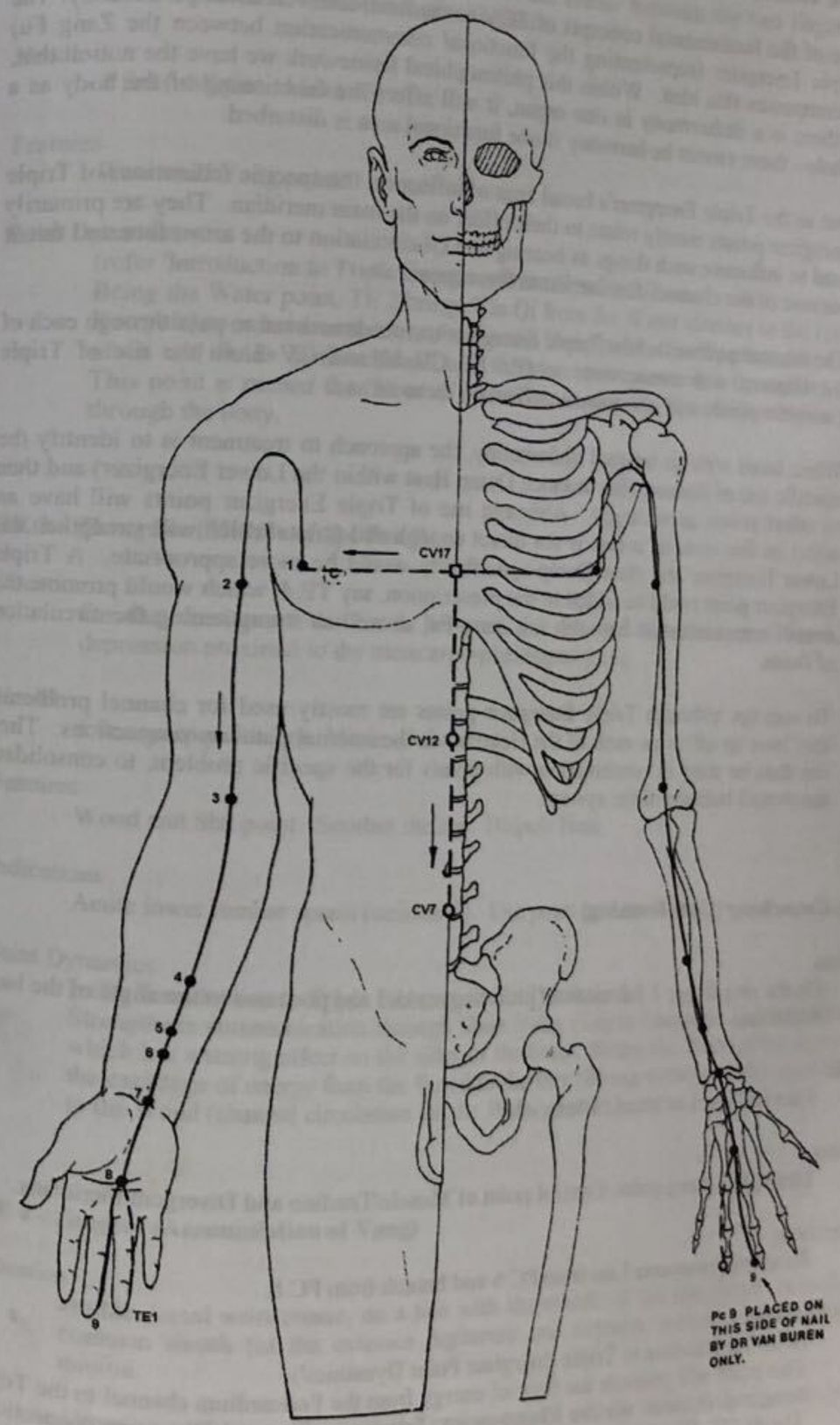
PERICARDIUM MAIN CHANNEL WITH INTERNAL PATHWAYS



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TRIPLE ENERGIZER CHANNEL: *SHOU SHAO YANG SAN JIAO JING*

INTRODUCTION TO TRIPLE ENERGIZER POINT DYNAMICS

One of the fundamental concepts of TCM is the inter-connectedness of the body. The Triple Energizer (representing the functional communication between the Zang Fu) encompasses this idea. Within this philosophical framework we have the notion that, if there is a disharmony in one organ, it will affect the functioning of the body as a whole - there cannot be harmony if one functional area is disturbed.

Due to the Triple Energizer's broad area of influence, the specific indications of Triple Energizer points mostly relate to their effect on the main meridian. They are primarily used to influence such things as hearing and Qi circulation to the arms, face and throat because of the channel distribution to these areas.

The internal pathway of the Triple Energizer travels downward to pass through each of the Heaters, with connections to CV 17, CV 12 and CV 7, so the use of Triple Energizer points will also have an affect on these areas.

When faced with an internal disharmony, the approach to treatment is to identify the specific site of disease, (for instance Damp Heat within the Lower Energizer) and then to select points accordingly. Although use of Triple Energizer points will have an affect on this area, its action is not direct enough and points which will strengthen the Lower Energizer and clear Damp specifically would be more appropriate. A Triple Energizer point could be added to the prescription, say TE 4, which would promote the overall communication between the Zang Fu, as well as strengthening the circulation of fluids.

To sum up, although Triple Energizer points are mostly used for channel problems, they have an affect on each of the Heaters via the internal pathway connections. They can thus be used in combination with points for the specific problem, to consolidate the overall balance of the system.

TE 1 - *Guanchong* (Gate Rushing)

Location

On the ring finger 1 fen medial (little finger side) and posterior to the angle of the base of the nail.

Needle

1 fen (oblique) or bleed. Moxa - 3

Features

Metal and Cheng point. Control point of Muscle/Tendino and Divergent meridians.

Connections

Receives Transverse Luo from PC 6 and branch from PC 8.

Point Dynamics

(refer 'Introduction to Triple Energizer Point Dynamics')
This point will promote the flow of energy from the Pericardium channel to the Triple Energizer channel, via the Cheng point, Transverse Luo and Divergent connections. The PC/TE Divergent channel travels to the Stomach, so use of this point will aid the Middle Energizer.

TE 2 - *Yemen* (Door of Fluids)

Location

5 fen proximal to the margin of the web between the ring and the little fingers. The point may also be located at the end of the crease between the two fingers when the hand is placed flat with the fingers together.

Needle

1 fen (oblique). Moxa - 3

Features

Water and Yong point.

Point Dynamics

(refer 'Introduction to Triple Energizer Point Dynamics')
Being the Water point, TE 2 brings Yin Qi from the Water element to the Fire (via the Ke cycle) to nourish and cool. As it is the Yong point, it will promote the circulation of Qi and fluids in the channel and therefore their movement throughout the body. This point is named the "Door of Fluids" as it aids the overall distribution of fluids through the body.

TE 3 - *Zhongzhu* (Middle of the Pond)

Location

On the dorsum of the hand, between the 4th and 5th metacarpal bones, in the depression proximal to the metacarpo-phalangeal joint.

Needle

3 fen (perpendicular). Moxa - 3-5

Features

Wood and Shu point. Soothes the ear. Dispels Heat.

Indications

Acute lower lumbar sprain (unilateral). Use point on same side.

Point Dynamics

(refer 'Introduction to Triple Energizer Point Dynamics')
Strengthens communication through Shao Yang (Triple Energizer and Gall Bladder), which has a strong affect on the sides of the body. Being the Wood point, it promotes the exchange of energy from the Wood to the Fire (Sheng cycle) and also from the Fire to the Wood (channel circulation via the Horary cycle).

TE 4 - *Yangchi* (Accumulation of Yang)

Location

On the dorsal wrist crease, on a line with the middle of the ring finger, between the common sheath (of the extensor digitorum and extensor indicis) and the extensor minimi.

Alternative location: Between the extensor carpi radialis brevis (which passes under the extensor pollicis longus) and the common sheath.

Needle

3 fen (perpendicular). Moxa – FORBIDDEN

Features
Yuan point. Relaxes tendons (nerves). Reinforces the Triple Energizers. Strengthens Chong and Ren Mai. Removes Heat and stimulates Qi in the meridians.

Connections
Receives Transverse Luo from PC 6.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
Increases the circulation of Yuan Qi via the internal pathway connections to Ren Mai to regulate each of the Triple Energizers and their overall communication. The fluid circulation will be promoted, helping to cool and nourish the system. This will aid processes dependant on sufficient fluid circulation, such as Blood production, which will in turn affect organs like the Heart or Liver, as they are dependant on the cooling and nourishing aspects of Blood for their proper functioning.

TE 5 - *Waiguan* (External Gate)

Location
2 cun superior to the dorsal wrist flexure between the radius and ulna - at exactly the same level as PC 6 on the anterior surface.

NOTE: This point should be located in the anatomical position as the muscles move relatively to the bones when the arm is rotated.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Luo point. Master point of Yang Wei Mai. Couple point of Dai Mai. Dispels Wind and Wind-Heat externally or internally. Relieves external symptoms. Relaxes tendons (nerves) and invigorates the Luo Mai. Removes obstructions from Yang Wei Mai. Balances Yin and Yang of the body.

Connections
Transverse Luo to PC 7 and PC 9.

Indications
Major point for Shao Yang. Migraine, shingles, hip and all problems of the lateral aspect of the body or head.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
This point is called the 'External Gate' as it strengthens the overall Yang Qi circulation, via its influence on Yang Wei and Dai Mai. As it specifically works to promote the Yang of the Triple Energizers, it will help the movement of fluids as well as having an affect on Qi flow. The Upper Energizer will be strengthened via Luo Mai connections to the Pericardium channel.

TE 6 - *Zhigou* (Branch Ditch)

Location
1 cun above TE 5 and 3 cun above the dorsal wrist flexure, between the ulna and the radius (see NOTE for TE 5).

Needle
5 fen (perpendicular). Moxa - 5

Features
Fire and Jing point. Regulates Qi circulation and removes stagnant Qi. Removes obstructions from the intestines and sides of the body. Harmonizes the Heaters and eliminates perverse Heat, especially in the Upper and Middle Heaters. Disperses congested Blood and circulates Qi.

Indications
Inflammation of the Gall Bladder. Use with GB 39 for general aching of the body and rheumatic Wind-pain.

TE 7 - *Huizong* (Reunion of the Ancestors)

Location
On the same level as TE 6 (3 cun above the dorsal wrist flexure) and approximately 1 finger breadth medial (anatomical position) to it, close to the border of the ulna.

Needle
3 fen (perpendicular). Moxa - 5-7

Features
Xi-Cleft point.

TE 8 - *Sanyangluo* (Luo of the Three Yang)

Location
1 cun superior to TE 6, between the radius and ulna - 4 cun above the dorsal wrist flexure.

Needle
5 fen (perpendicular). Moxa - 7

Features
Group Luo point for upper Yang. Circulates Qi in the upper part of the body and clears the Yang meridians.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
As this point is the group Luo for the Upper Yang, it will promote the proper functioning of the Large Intestine, Small Intestine and Triple Energizer channels, thereby strengthening the distribution of Qi and fluids to the face. By promoting the flow of Qi along their channels, the organs will also be strengthened, resulting in increased assimilation of fluids and Qi used in the production of Blood and Wei Qi respectively.

TE 9 - *Sidu* (Four Gutters)

Location
5 cun below the olecranon and 7 cun above the dorsal wrist flexure, between the radius and ulna.

Needle - 6 fen (perpendicular). Moxa - 3-7

TE 10 - *Tianjing* (Celestial Wells)

Location
1 cun superior to the olecranon on the lateral side of the tendon of the triceps. Flex elbow to form depression.

Needle
3-5 fen (perpendicular). Moxa - 3-5

Features
Earth and He point.

Indications
Epilepsy, unilateral headache, problems of the elbow.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
As the He point, TE 10 will strengthen the overall functions of the Triple Energizer. Because the Triple Energizer is responsible for maintaining the communication within the system, especially fluids, a lack of this function may cause a wide variety of problems, usually manifesting in weak areas or presenting as an overall imbalance of the body, such as cold feet and a hot head (when Yin and Yang are unable to communicate properly).

TE 11 - *Qinglengyuan* (Pure Cold of the Abyss)

Location
1 cun above TE 10 and 2 cun above the olecranon. Flex elbow to locate.

Needle
3 fen (perpendicular). Moxa - 3-7

TE 12 - *Xiaoluo* (Melting to Disappear)

Location
5 cun above the olecranon and 4 cun below the posterior superior extremity of the axilla crease.

Alternative location - Beijing: Halfway between TE 11 and TE 13.

Needle
5 fen (perpendicular). Moxa - 3-7

TE 13 - *Naohui* (Reunion of the Flesh)

Location
At the posterior border of the deltoid approximately level with the superior posterior extremity of the axilla crease.

Alternative location - Beijing: 3 cun below TE 14 and on the posterior border of the deltoid - in actual fact the border is about 5 cun inferior to TE 14.

Needle
5-7 fen (perpendicular). Moxa - 5-15

Connections
Point of Yang Wei Mai. Receives channel from LI 14.

TE 14 - *Jianliao* (Shoulder Bone)

Location
In the depression between the acromion and the greater tubercle of the humerus. When the arm is in passive horizontal abduction there are two depressions - the posterior one is TE 14.

Needle
7 fen (perpendicular). If the arm is raised needle toward HT 1. Moxa - 5-15

Connections
Point of Yang Wei Mai. Path of meridian to SI 12.

Indications
Bleed for shoulder problems.

TE 15 - *Tianliao* (Celestial Bone)

Location
Halfway between the tip of the acromion and the inferior border of the spinous process of the 7th cervical (GV 14). The point is 1 cun inferior and posterior to GB 21.

WHO location
In the scapular region, in the depression superior to the superior angle of the scapula.

Note: With the upper limb hanging by the side of the trunk in a seated position, TE15 is located midway between GB21 and SI13.

Needle
3-8 fen (perpendicular). Moxa - 5-7

Connections
Point of Yang Wei Mai. Receives meridian from SI 12. Internal path to ST 12, CV 17, CV 12, and CV 7 before returning to GV 14.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
Promotes the circulation from the primary channel into the area of the internal pathway to feed the Triple Energizers and promote their functioning.

TE 16 - *Tianyou* (Window of the Sky)

Location
Posterior and inferior to the mastoid process, on the posterior border of the sternocleidomastoideus, at the same level as the angle of the jaw.

Needle
3-5 fen (perpendicular). Moxa - FORBIDDEN

Features
Window of the Sky point.

Connections
Upper meeting point of PC/TE Divergent meridians. Receives internal meridian from GV 14.

Point Dynamics
(refer 'Introduction to Triple Energizer Point Dynamics')
Many of the Upper Meeting points of the Divergent pathways are also Window of the Sky points. It is through the Divergent system that the energy of the Yin organs can travel to the head and control the excess of Yang which causes the light-headed or 'disconnected' sensation associated with the blockage of emotional energy.

The Triple Energizer acts as a major avenue of emotional expression (emotional and physical warmth). The Window of the Sky Point of the Triple Energizer is therefore the major point for connecting the Zang (damaged by excessive emotion which is suppressed) with the organs of expression (cathartic release) on the head. TE 16 is therefore the major point of all the class of points named "Window of the Sky".

TE 17 - *Yifeng* (Wind Screen)

Location
Posterior to the earlobe, in the depression between the mastoid process and the ramus. When the lobe is pressed down, the point is just posterior to the corner of it.

Needle
3 fen (perpendicular or toward the eye). Moxa - 3-7

Features
Major point to expel external Wind. Soothes the ear.

Connections
GB and SI meridian branches enter the ear and SI 19 then travels to TE 21, 22 and 23.

Indications
Tinnitus, facial paralysis.

TE 18 - *Qimai* (Nourishment of the Vessels)

Location
Posterior to the ear and 1 cun above TE 17 on a curved line following the shape of the helix between TE 17 and TE 20. The point is in a slight depression in the centre of the mastoid process.

Needle
1 fen (oblique). Moxa - FORBIDDEN

TE 19 - *Luxi* (Respiration of the Head)

Location
1 cun above TE 18 on the curve following the helix. At this location the point is usually just at the hairline.

Needle
FORBIDDEN. Moxa - 3-7

TE 20 - *Jiaosun* (Angle of the Ear)

Location
1 cun above TE 19 on the curve following the helix. To locate: fold the ear forward, the point is within the hairline at the highest tip of the folded ear.

Needle
FORBIDDEN. Moxa - 3-7

Connections
GB. Internal path of meridian to GB 5, GB 4, GB 14, BL 1, then it encircles the cheek to SI 18.

TE 21 - *Ermen* (Door of the Ear)

Location
In the depression anterior to the ear at the level of the superior edge of the tragus. When the mouth is opened the depression deepens because of the downward movement of the condyloid process of the mandible. The point is approximately 5 fen above SI 19.

Needle
3 fen (perpendicular or toward SI 19), with mouth open. Moxa - 3-7

Features
Disperses Heat locally.

TE 22 - Ear *Heliao* (Harmony of the Ear Bones)

Location
Anterior to the ear, at the level of the root of the helix within the hairline. The point is between TE 21 and GB 7.

Needle
3-7 fen (oblique). Moxa - 3-5

TE 23 - *Sizhukong* (Bamboo Hollow)

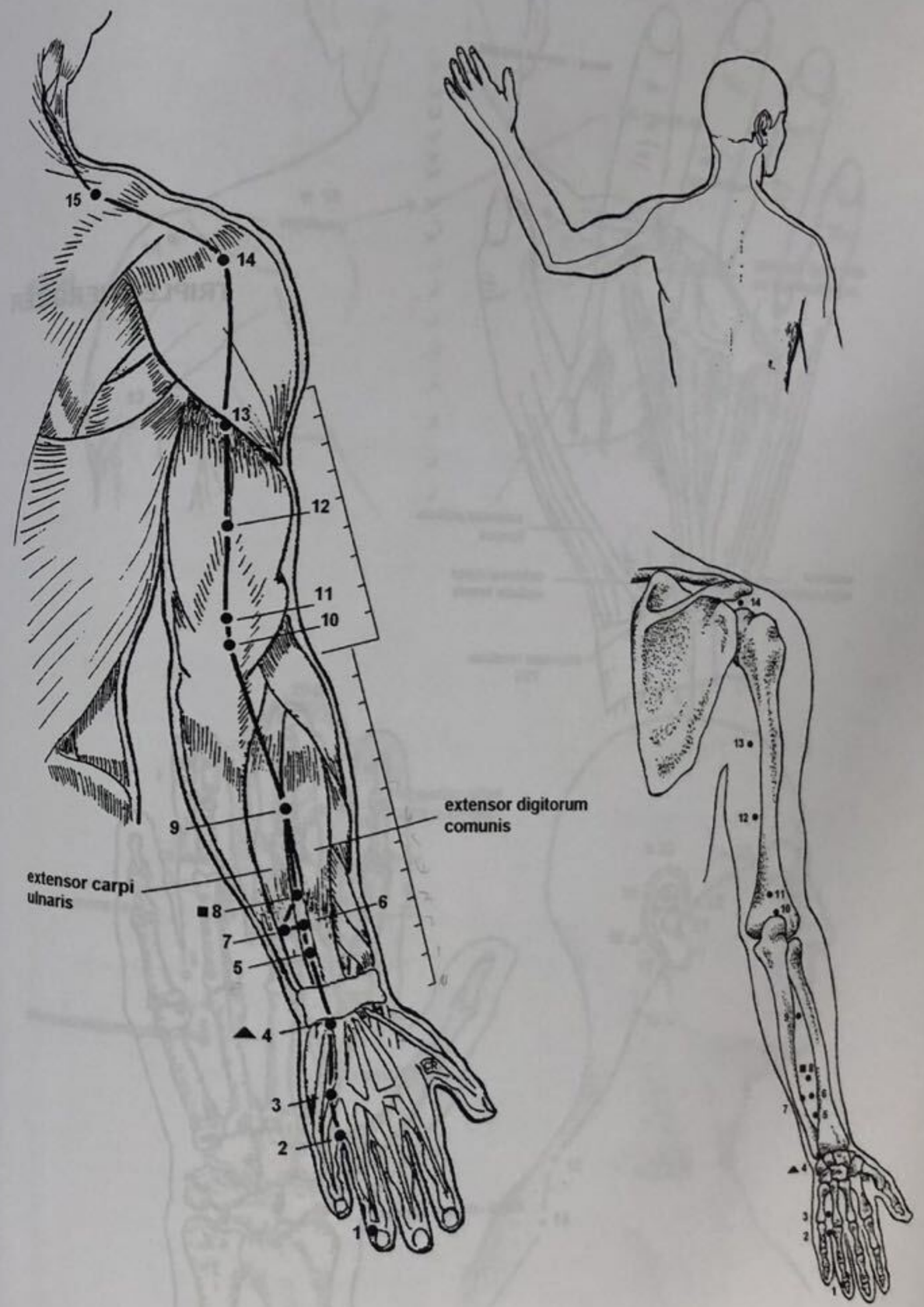
Location
At the lateral tip of the eyebrow in the depression.

Needle
3 fen (horizontally toward the temple). Moxa - FORBIDDEN

Features
Dispels Wind and clears Fire from the head. Clears the vision.

Connections
Links from this point to GB 1.

TRIPLE ENERGIZER SURFACE CHANNEL



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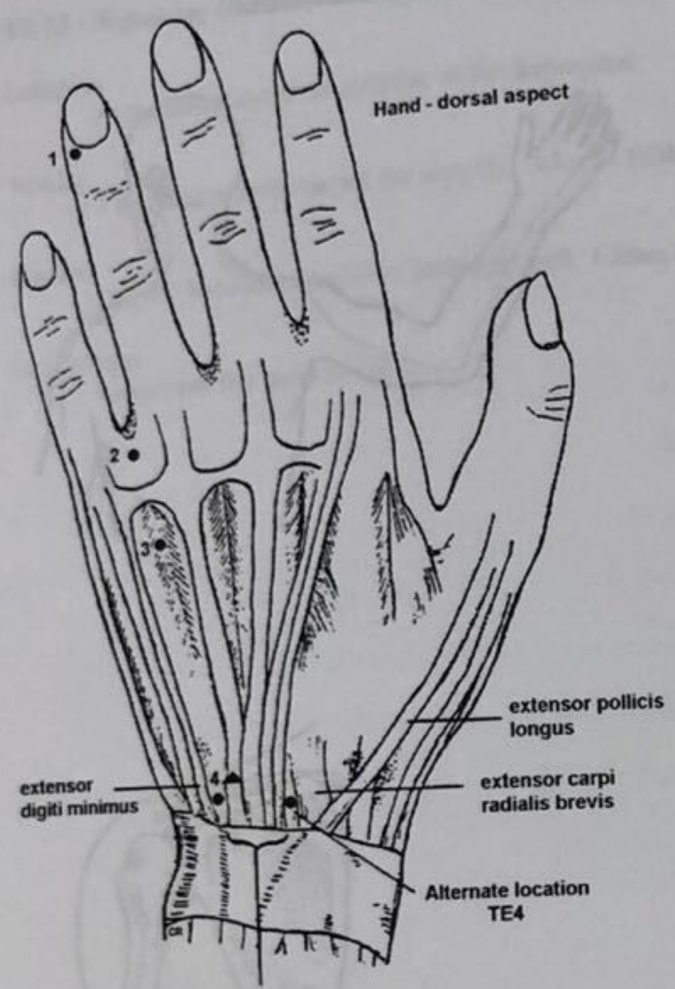
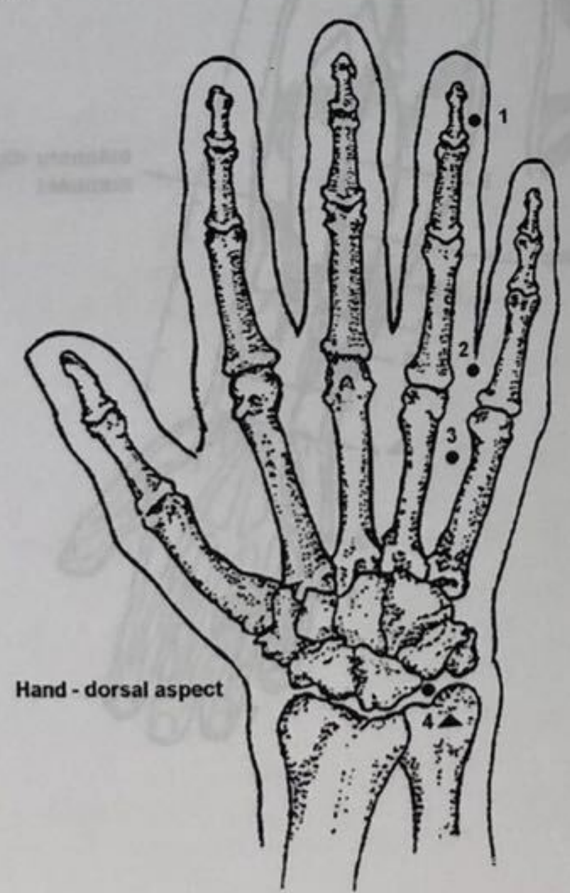
TRIPLE ENERGIZER





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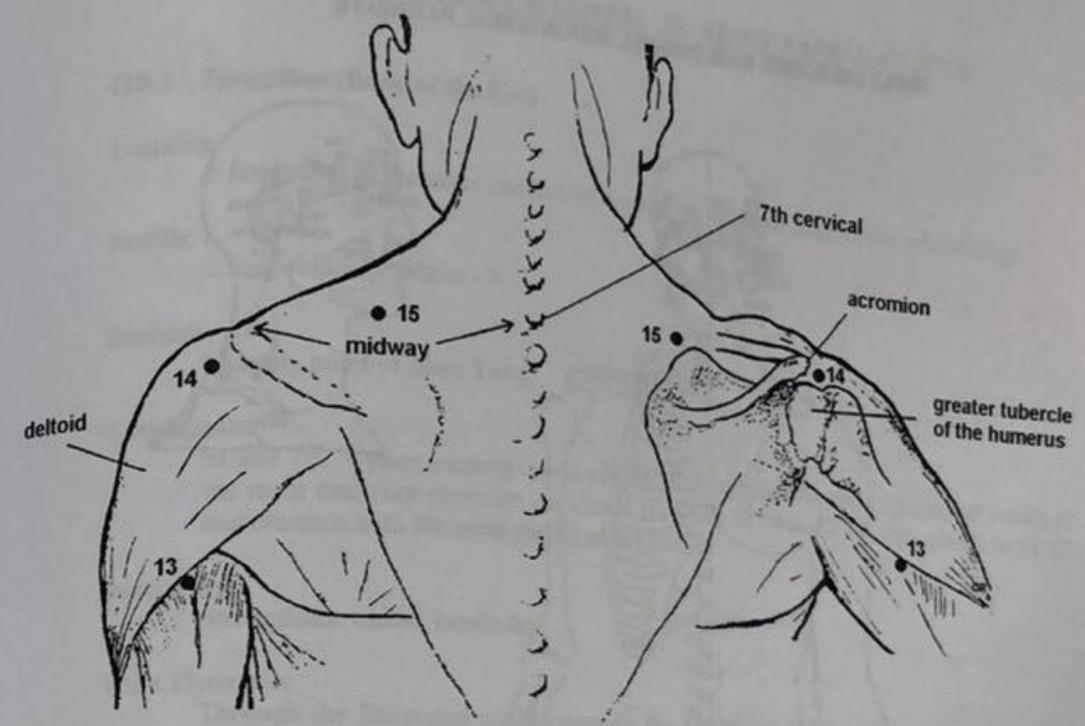

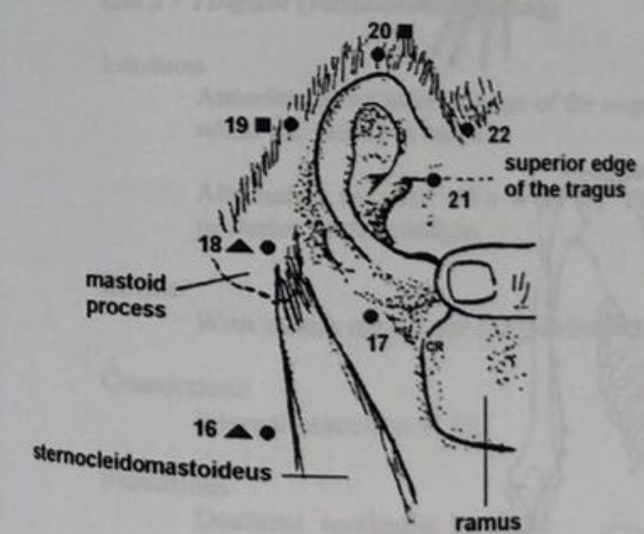

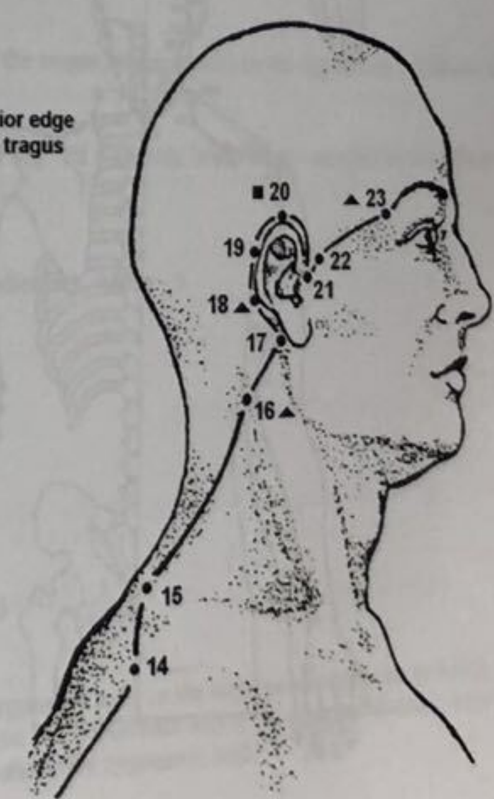

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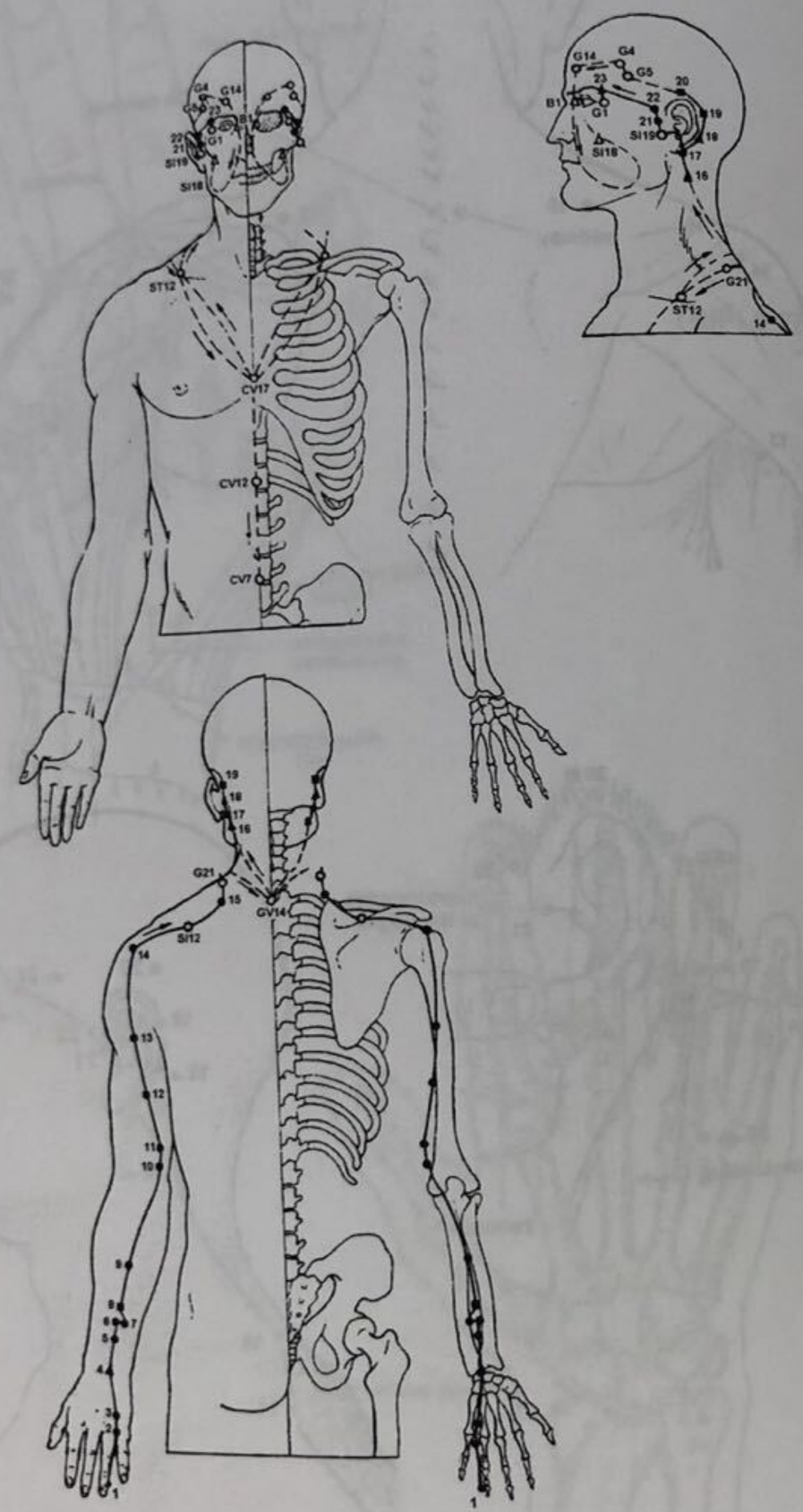
TRIPLE ENERGISER MAIN CHANNEL WITH INTERNAL PATHWAYS



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GALL BLADDER CHANNEL: *ZU SHAO YANG DAN JING*

GB 1 - *Tongziliao* (Bone of the Eye)

Location

5 fen lateral to the outer canthus of the eye, on the outer edge of the orbital ridge.

Needle

3 fen (oblique). Moxa - 5

Features

Meeting point of Shao Yang.

Connections

SI and TE. Upper meeting point of GB/LR Divergent meridian. An internal branch of the main meridian encircles the cheek via ST 5, SI 18 and ST 6, then travels to ST 12 and reunites with the main meridian at GB 22.

Indications

Strengthens vision, headache.

Point Dynamics

Through the Divergent connections to the Liver, GB 1 will promote the free flow of Qi. This point is beneficial to the eyes due to its local affect on the area, as well as regulating the Liver, which rules the eyes.

GB 2 - *Tinghui* (Reunion of Hearing)

Location

Anterior to the inferior edge of the tragus (tragic notch) in the depression which occurs when the mouth is open.

Alternative location - Wu Wei Ping: At a slightly lower level - anterior to the lobe and posterior to the condyle.

Needle

With mouth open 5 fen (perpendicular). Moxa - 5

Connections

Internal branch to SI 19.

Indications

Deafness, toothache, headache

GB 3 - *Shangguan* (Guests and Hosts)

Location

On the superior border of the zygomatic arch, in the depression which can be felt in the bone. The point is directly above ST 7. Another way to locate: mid-distance between ear and outer edge of the orbit, above the zygomatic arch.

Needle

FORBIDDEN. Moxa - 3-5

Connections
ST.

Indications
Tinnitus, facial palsy.

GB 4 - *Hanyan* (Satisfying Jaw)

Location
1 cun below ST 8 on the hairline - inferior to the temporal ridge. Movement can be felt on the point when chewing.

Alternative location - Wu Wei Ping: At the same level as GB 14.

Needle
2 fen (oblique). Moxa - 3

Connections
ST and TE.

Indications
Blurred vision, headache, tinnitus.

GB 5 - Xuanlu (Suspended Head)

Location
On a line connecting GB 4 and GB 7 at the junction of the anterior-superior 1/3 and the posterior-inferior 2/3.

Alternative location - Wu Wei Ping: Level with TE 23.

Needle
3 fen (oblique) - IT IS FORBIDDEN TO NEEDLE DEEPER. Moxa - 3

Connections
ST and TE.

GB 6 - *Xuanli* (Suspended Balance)

Location
On a line connecting GB 4 and GB 7 at the junction of the anterior-superior 2/3 and the posterior-inferior 1/3.

Alternative location - Wu Wei Ping: 1 cun below GB 5.

Needle
2 fen (oblique). Moxa - 3

Connections
SI.

GB 7 - *Qubin* (Crook of the Temple)

Location
On the intersection of a vertical line along the anterior edge of the ear and a horizontal line from the superior edge of the ear.

Needle
3 fen (oblique). Moxa - 3-5

Connections
Internal branch to TE 20.

GB 8 - *Shuaigu* (Leader of the Valley)

Location
When the ear is folded over, the point is 1.5 cun directly above the auricle apex (1.5 cun above TE 20).

Needle
3 fen (horizontal - anterior or posterior). Moxa - 3-5

Connections
BL.

GB 9 - *Tianchong* (Heavenly Assault)

Location
5 fen posterior to GB 8, superior and posterior to the auricle - 2 cun within the hairline.

Alternative location - Wu Wei Ping: 1 cun posterior to GB 8.

Needle
3 fen (oblique). Moxa 3-5

Connections
BL.

GB 10 - *Fubai* (Floating White)

Location
Approximately 1 cun inferior and posterior to GB 9, level with the upper border of the root of the auricle, 1 cun within the hairline.

Needle
3 fen (oblique). Moxa - 3-5

Connections
BL.

GB 11 - Head - *Qiaoyin* (Cavity of Yin)

Location
Midpoint on a line connecting GB 10 and GB 12.

Alternative location - Wu Wei Ping: Midway between the median line of the cranium and the ear, at 5 fen above the inferior edge of the occipital.

Needle
5 fen (oblique). Moxa - 3-7

Connections
BL.

GB 12 - Head - *Wangu* (Bone of the Ear)

Location
In the depression inferior and slightly medial to the mastoid process. Locate with the patient's head bent forward to deepen the depression.

Needle
5 fen (oblique). Moxa - 3-7

Features
Eliminates Wind.

Connections
BL.

Indications
Insomnia, headache.

GB 13 - *Benshen* (Head Above the Tears)

Location
5 fen inside the hairline and 5 fen medial to ST 8, directly above the outer canthus of the eye.

Needle
3 fen (oblique). Moxa - 7

Features
Dispels Wind.

Connections
Yang Wei Mai.

GB 14 - *Yangbai* (White Yang)

Location
In the depression, 1 cun above the middle of the eyebrow.

Alternative location - Wu Wei Ping: Directly above the pupil.

Needle
2 fen (horizontal toward eye). Moxa - 3

Connections
TE and LI. Yang Wei Mai.

Indications
Blurred vision, twitching of the eyelids, frontal headache.

GB 15 - Head - *Linqi* (Base of God)

Location
5 fen inside the hairline and directly above the pupil with the patient looking straight ahead.

Needle
3 fen (oblique). Moxa - FORBIDDEN

Connections
Yang Wei Mai.

GB 16 - *Muchuang* (Window of the Eyes)

Location
1 cun posterior to GB 15.

Needle
3 fen (oblique). Moxa - 5

Connections
Yang Wei Mai.

GB 17 - *Zhengyin* (Principle Yin)

Location
1 cun posterior to GB 16 and 2 cun posterior to GB 15.

Needle
3 fen (oblique). Moxa - 3

Connections
Yang Wei Mai.

GB 18 - *Chengling* (Containing the Spirit)

Location
1.5 cun posterior to GB 17 and 3.5 cun posterior to GB 15.

Needle
FORBIDDEN. Moxa - 5

Connections
Yang Wei Mai.

GB 19 - *Naokong* (Hollow Brain)

Location
1.5 cun above GB 20 - on the lateral side of the occipital protuberance.

Alternative location - Wu Wei Ping: 5 cun posterior to GB 15.

WHO location

On the head, at the same level as the superior border of the external occipital protuberance, directly superior to GB20.

Note: GB19 is at the same level as GV17 and BL9

Needle
3 fen (oblique). Moxa - 5

Connections
Yang Wei Mai.

GB 20 - *Fengchi* (Wind Pond)

Location
In the depression which lies between the sternocleido-mastoideus and the upper border of the trapezius, on a level with the mastoid process and just below the edge of the occipital.

Needle
6 fen (perpendicular towards opposite eye). Moxa - 7-10

Features
Soothes the Liver and pacifies Yang. Clears the mind, strengthens vision, eliminates Wind and expels Heat.

Connections
Yang Wei Mai and Yang Qiao Mai.

Indications
Major point for Wind problems of the head - internal and external.

GB 21 - *Jianjing* (Shoulder Well)

Location
Midway between GV 14 and the acromion - on the highest point of the shoulder. The point is 1 cun superior and anterior to TE 15.

Alternative location - Wu Wei Ping: Anterior to the anterior edge of the trapezius or approximately 1 cun anterior to the College location.

Needle
4-6 fen (perpendicular). Moxa - 7-15

Connections
Yang Wei Mai and TE. An internal branch to GV 14, BL 10, SI 12, ST 12 and then reunites at GB 24.

GB 22 - *Yuanye* (Deep Liquid)

Location
3 cun below the anterior axillary fold, on the axillary line when the arm is raised, in the 4th intercostal space.

Needle
4 fen (oblique). Moxa - FORBIDDEN

Connections
Lower Meeting point of LU/LI Divergent meridian and probably also HT/SI Divergent meridian. Point of Pericardium Divergent meridian.

GB 23 - *Zhejin* (Muscular Relations)

Location
In the 4th intercostal space, 1 cun anterior to GB 22.

Needle
5 fen (oblique). Moxa - 5

GB 24 - *Riyue* (Sun and Moon)

Location
4 cun from the midline, directly below LR 14, in the 7th intercostal space - on a vertical line through the nipple.

Alternative location - Wu Wei Ping: In the 8th intercostal space.

Needle
5 fen (oblique). Moxa - 5-7

Features
Mu point. Eliminates Damp-Heat.

Connections
SP and Yang Wei Mai. Reunion of internal path from ST 12 - internal path to LR 13 and ST 30 before reunion at GB 30.

Indications
Inflammation of the Gall Bladder.

Point Dynamics
GB 24 will promote the circulation of Yuan Qi via its connection through ST 30 to Chong Mai. It also connects with Spleen and Yang Wei Mai which will help to

strengthen the Middle Energizer to promote the transformation of fluids and hence eliminate Damp from this area and prevent its formation.

GB 25 - *Jingmen* (Door of the Capital)

Location
At the lower border of the free end of the 12th rib - very close to the tip.

Alternative location - Wu Wei Ping: At the extremity of the 12th rib.

Needle
3-5 fen (perpendicular). Moxa - 7-12

Features
Mu point of the Kidney.

Indications
Lower back pain, lethargy.

GB 26 - *Daimai* (Meridian of the Centre)

Location
Midway between the free ends of the 11th and 12th ribs, level with the umbilicus.

Alternative location - Wu Wei Ping: Directly below LR 13 and level with the umbilicus.

WHO location
On the lateral abdomen, inferior to the free extremity of the 11th rib, at the same level as the centre of the umbilicus.

Note 1: GB 26 can be located by first locating the tenth rib, then searching for the free extremity of the 11th rib that is situated immediately below the inferior border of the costal arch.

Note 2: GB 26 is inferior to LR 13, at the same level as CV 8.

Needle
8 fen (perpendicular). Moxa - 5-15

Features
Eliminates Damp-Heat in the Lower Energizer.

Connections
Dai Mai.

GB 27 - *Wushu* (Five Pivots)

Location
3 cun anterior and inferior to GB 26, in front of the anterior superior iliac spine and level with CV 4.

Needle
7 fen (perpendicular). Moxa - 3-10

Connections
Dai Mai.

GB 28 - *Weidao* (Meeting Path)

Location
5 fen anterior and inferior to GB 27, anterior and inferior to the anterior superior iliac spine.

Alternative location - Wu Wei Ping: 1 cun superior to the greater trochanter.

Needle
8 fen (perpendicular). Moxa - 5-7

Connections
Dai Mai.

GB 29 - *Femur* - Juliao (Bone of Lodging)

Location
Midway between the anterior superior iliac spine and the highest point of the greater trochanter of the femur.

Alternative location - Wu Wei Ping: 1.5 cun below GB 27.

Needle
8 fen (perpendicular). Moxa - 5-7

Connections
Yang Qiao Mai. Internal path to BL 31, BL 33 and GV 1.

GB 30 - *Huantiao* (Jumping Circle)

Location
Posterior and superior to the head of the greater trochanter, in the major gluteal depression. The depression is very obvious when the buttocks are tensed. To locate the point the patient should lie with the knee flexed, in the lateral recumbent position. The point lies 1/3 the distance between the head of the greater trochanter and GV 2. This point lies very deep and is not a small area on the surface. The needle may therefore be angled to reach the point.

Needle
15 fen or deeper, depending on the weight of the patient (perpendicular or toward the joint). Moxa - 7-20, because of the depth of the point, Moxa is better combined with needle.

Features
Removes obstructions from the Jing Luo. Releases Yuan Qi into the system.

Connections
BL and GB Divergent meridian branches from this point. Reunion of internal meridian from ST 30 and GV 1.

Indications
Hip pain, weakness of the legs, lower back pain, sciatica.

Point Dynamics
GB 30 will strengthen the Lower Energizer via its connections to BL 31-33 and will promote the circulation of Yuan Qi as it has links with Chong Mai through ST 30. This point is prone to stagnation because energy passes through here (due to multiple internal pathway connections) and it comes under stress from activities such as walking, particularly in overweight people. It is an excellent point to increase the circulation of Qi down the legs as it connects to the three descending Yang channels and regulates their function through the action of Yuan Qi.

GB 31 - *Fengshi* (City of Wind)

Location
On the lateral aspect of the thigh in the longitudinal depression (iliotibial tract), 12 cun inferior to the upper border of the greater trochanter and 7 cun superior to the lateral end of the popliteal crease. The point is at the tip of the middle finger when standing at attention.

Alternative location - Beijing: Between the vastus lateralis and the biceps femoris. Wu Wei Ping: 6 cun superior to the popliteal crease. Van Buren: 9 cun inferior to the greater trochanter.

Needle
5 fen (perpendicular). Moxa - 5

Features
Eliminates Wind from the whole body. Relaxes tendons (nerves). Strengthens waist and knees.

Indications
Major point to dispel Wind. Shingles and after-effects of stroke.

GB 32 - Femur *Zhongdu* (Middle Solitude)

Location
On the lateral aspect of the thigh, 2 cun inferior to GB 31 and 5 cun superior to the lateral end of the popliteal crease.

WHO location
On the lateral aspect of the thigh, posterior to the iliotibial band. 7 cun superior to the popliteal crease.

Needle
5 fen (perpendicular). Moxa - 5-7

GB 33 - *Xiyangguan* (Yang Gate)

Location
In the depression superior to the lateral epicondyle of the femur and 5 cun above GB 34.

The point is located as 3 cun superior to GB 34 in some texts but this is incorrect according to the anatomical locations.

WHO location
On the lateral aspect of the knee, in the depression between the biceps femoris tendon and the iliotibial band, posterior and proximal to the lateral epicondyle of the femur.

Needle
5 fen (perpendicular). Moxa - FORBIDDEN

GB 34 - *Yanglingquan* (Fountain of the Yang Mound)

Location
In the depression anterior and inferior to the small head of the fibula.

Wu Wei Ping locates the point in the identical position as 'between two muscles' - the peroneus longus and the tibialis anterior.

Needle
6 fen (perpendicular). Moxa - 7-10 (Van Buren forbids to Moxa)

Features
Earth and He point. Special Meeting point of the muscles. Soothes Liver and Gall Bladder. Clears Damp-Heat. Removes obstructions from the Jing Luo. Strengthens tendons and bones. Removes Phlegm-Fire from the Stomach and subdues Liver Yang. Cools Damp-Heat.

Indications
All muscular problems. All disorders of the Gall Bladder Fu.

Point Dynamics
As the He point, GB 34 will nourish and regulate the Gall Bladder, its associated functions and those of the Liver (due to their close relationship). Being the Earth point it will harmonize the energy distribution between the Stomach and Gall Bladder and strengthen the Middle Energizer. This, in turn, will regulate the Spleen and, as the Spleen feeds and nourishes the Liver (Five Flavours/Blood production), this will have a reciprocal effect to promote and regulate the Wood. This point is especially good for regulating the free flow of Qi and hence distribution of energy through the muscle tissues.

GB 35 - *Yangjiao* (Yang Crossing)

Location
7 cun superior to the tip of the lateral malleolus at the posterior border of the fibula level with GB 36.

Needle
6 fen (perpendicular). Moxa - 3-7

Features
Xi-Cleft point of Yang Wei Mai.

Indications
Pain along the lateral aspect of the leg, headache, blurred vision.

GB 36 - *Waiqiu* (External Region)

Location
7 cun superior to the tip of the lateral malleolus at the anterior border of the fibula between the peroneus brevis and the extensor digitorum, level with GB 35.

Needle
4 fen (perpendicular). Moxa - 3

Features
Xi-Cleft point.

Indications
Neck pain, blurred vision, pain along the lateral aspect of the leg.

GB 37 - *Guangming* (Bright Light)

Location
5 cun superior to the lateral tip of the malleolus at the anterior border of the fibula between the peroneus brevis and the extensor digitorum.

Needle
6 fen (perpendicular). Moxa - 7

Features
Luo point. Harmonizes Liver and Gall Bladder. Cools the Liver. Strengthens the vision.

Connections
Transverse Luo to LR 3 and LR 1.

Indications
Distal point for eye problems.

Point Dynamics
The Gall Bladder channel distributes energy to the eye areas and this point, connecting to LR 3 (Yuan point of Liver), will help to increase the circulation of Yuan Qi. This will regulate the Liver and Gall Bladder organs and their pathways, making it an excellent point to nourish the eyes.

GB 38 - *Yangfu* (Yang Support)

Location
4 cun superior to the lateral tip of the malleolus at the anterior border of the fibula, between the peroneus brevis and the extensor digitorum.

Needle
6 fen (perpendicular). Moxa - 5-15

Features
Fire and Jing point.

Indications
Headache, red eyes, pain in the hypochondriac region.

GB 39 - *Xuanzhong* (Suspended Bell)

Location
3 cun superior to the lateral tip of the malleolus at the anterior border of the fibula, between the peroneus brevis and the extensor digitorum.

Alternative location - Beijing: Between the posterior border of the fibula and the tendons of the peroneus longus and brevis.

Needle
3 fen (perpendicular). Moxa - 5-15

Features
Special meeting point of Bone Marrow. Tonifies Bone Marrow, dispels Wind and Damp. Harmonizes lower Yang meridians. Cools the Gall Bladder.

Indications
Rheumatic problems in general. Whiplash and acute muscular spasm of the neck. Use with TE 6 for rheumatic Wind-pain.

Point Dynamics
As GB 39 connects to the Gall Bladder, Bladder and Stomach channels, it will regulate the distribution of energy not only through the legs but along the whole course of their meridians, encouraging the circulation of energy from the head. This will promote the energy flow through the brain (Bone Marrow), helping to nourish it.

As it clears the flow of energy from the face right down to the feet (along the length of these three channels), this point is good for acute trauma-induced stagnation in the neck and shoulder regions. It has a dramatic effect on this condition in clinical usage.

GB 39 will increase the distribution of Wei Qi along the course of the Gall Bladder, Bladder and Stomach pathways, thereby boosting the defence of the three external layers of the Six Divisions.

GB 40 - *Quixu* (Region of the Eminence)

Location
Anterior and inferior to the lateral malleolus, in the depression on the lateral side of the tendon of the extensor digitorum longus.

Needle
5 fen (perpendicular). Moxa - 3-7

Features
Yuan point. Strengthens and harmonizes the Liver and Gall Bladder. Stimulates the meridian and eases the joints.

Connections
Receives Transverse Luo from LR 5.

Indications
Infantile paralysis and after effects of stroke. Rheumatic problems.

Point Dynamics
Regulates the functions of the Wood organs by increasing the circulation of Yuan Qi through the Gall Bladder and hence through the Liver via their Luo Mai connections. This promotes the free flow of Qi throughout the system and reduces the tendency of Wood to invade the Earth. This will help to nourish the muscles and joints (Spleen) and regulate muscle function (Gall Bladder and Liver).

GB 41 - Foot - *Linqi* (Lying Down to Weep)

Location
In the depression anterior to the junction of the 4th and 5th metatarsals. To locate - place the distal joint of the thumb on the tuberosity of the 5th metatarsal, the point is under the tip of the thumb.

Needle
3 fen (perpendicular). Moxa - 5

Features
Wood and Shu point. Master point of Dai Mai. Coupled point of Yang Wei Mai.

Indications
Migraine, blurred vision.

Point Dynamics
GB 41, by activating Dai Mai, will regulate and calm the Liver and Gall Bladder. This will promote the unrestrained and free moving function of Liver Qi, prevent the invasion of Earth by Wood and in so doing inhibit Damp formation. This point will influence the area under the arms and the lateral aspect of the breasts, as Dai Mai affects these areas.

GB 42 - *Diwuhui* (Five Terrestrial Reunions)

Location
5 fen anterior to GB 41, in the cleft between the 4th and 5th metatarsals.

Alternative location - Wu Wei Ping: Posterior to the metatarsal-phalangeal joint near to the 5th metatarsal.

WHO location
On the dorsum of the foot, between the fourth and fifth metatarsal bones, in the depression proximal to the fourth metatarsophalangeal joint.

Needle
2 fen (perpendicular). Moxa - FORBIDDEN

GB 43 - *Xiaxi* (Harmonious Stream)

Location
Anterior to the metatarsal-phalangeal joint, 5 fen posterior to the margin of the web between the 4th and 5th toes.

Needle
3 fen (perpendicular). Moxa - 3-5

Features
Water and Yong point. Reduces Heat especially in the head.

Indications
Headache centred in the temple area.

Point Dynamics
Being a Water and Yong point, GB 43 will promote the Sheng feeding cycle from Water to Wood. This regulates the Liver and Gall Bladder by nourishing the Yin and controlling the Yang. The formation of Heat in these organs (which has a tendency to rise up to disturb the Heart) will be reduced.

GB 44 - *Qiaoyin* (Cavity of Yin)

Location
1 fen lateral and posterior to the angle of the nail of the 4th toe.

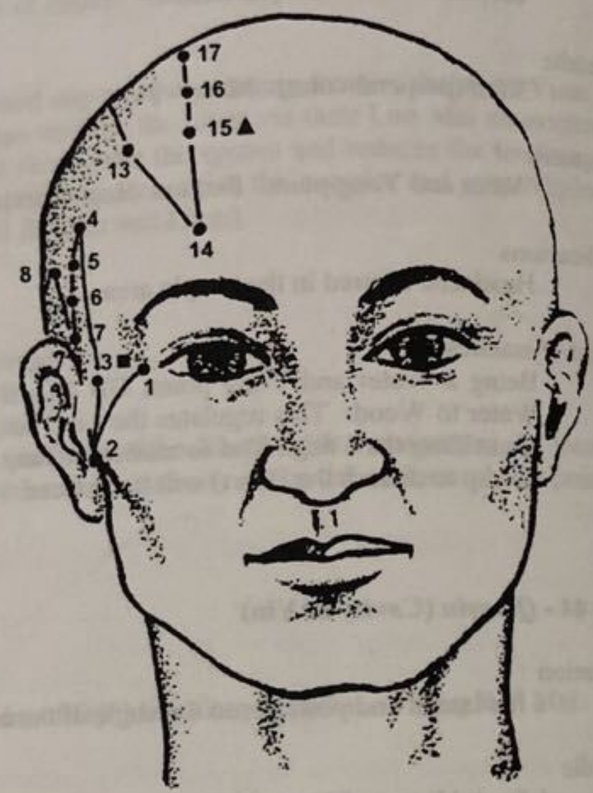
Needle
1 fen (oblique). Moxa - 3-5

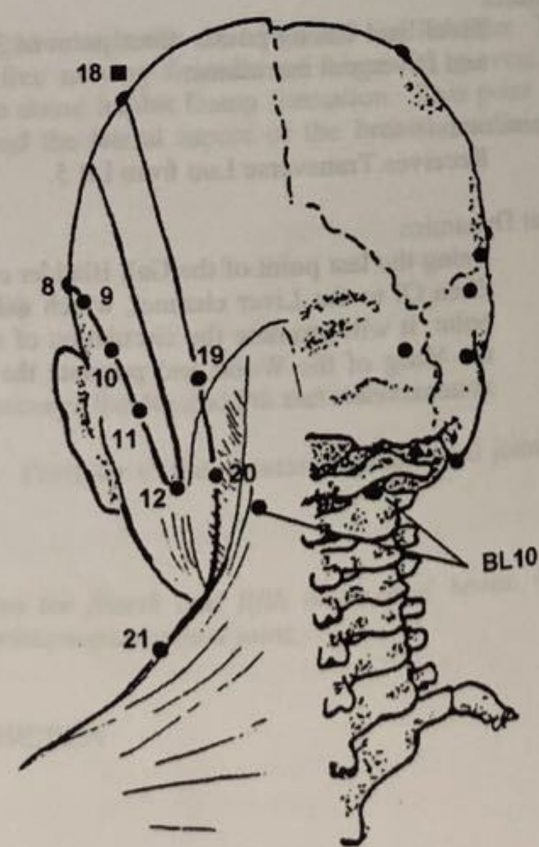
Features
Metal and Cheng point. Root point of Shao Yang. Control point of Muscle/Tendino and Divergent meridians.

Connections
Receives Transverse Luo from LR 5.

Point Dynamics
Being the last point of the Gall Bladder channel, GB 44 will promote the circulation of Zhen Qi to the Liver channel, which will balance these two pathways. As the Metal point, it will promote the circulation of relatively Yin energy from Metal to help cool the Yang of the Wood and promote the unrestrained free flow of Qi throughout the system.

GALL BLADDER SURFACE CHANNEL





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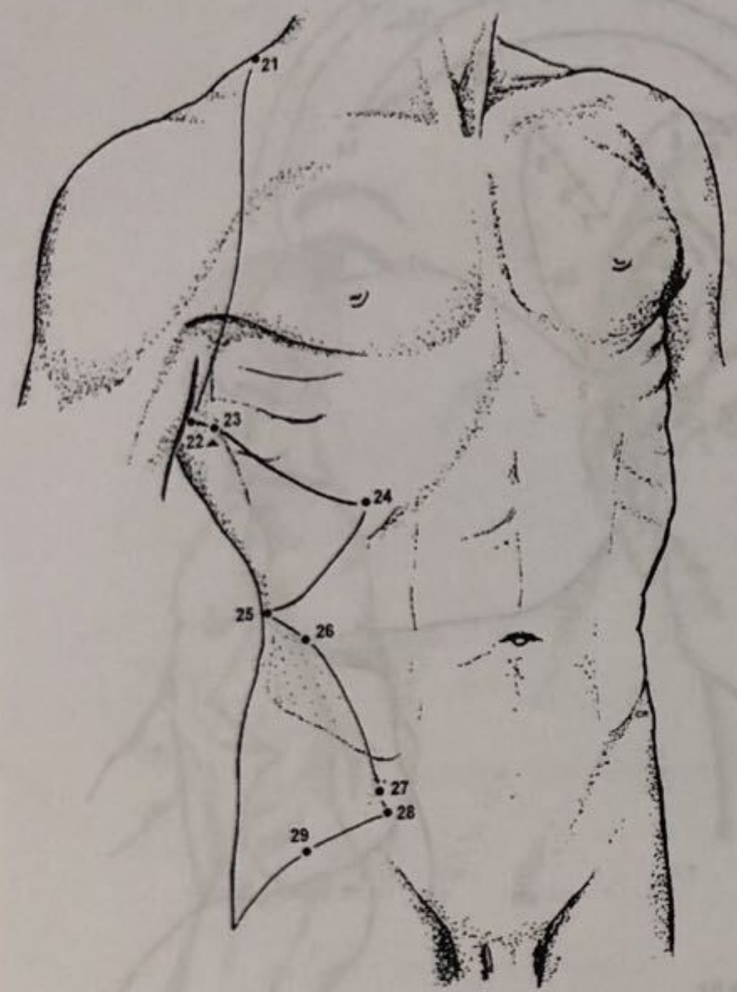
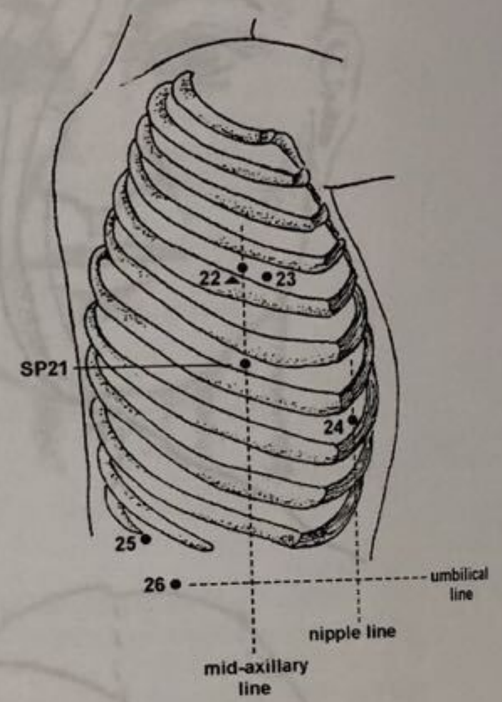
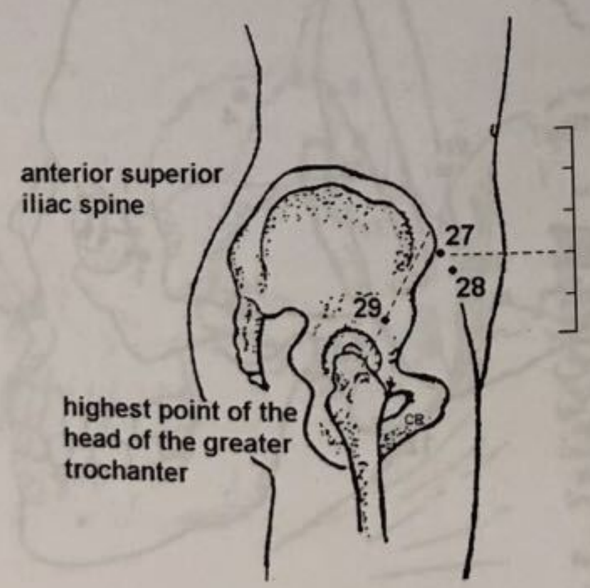
GALL BLADDER







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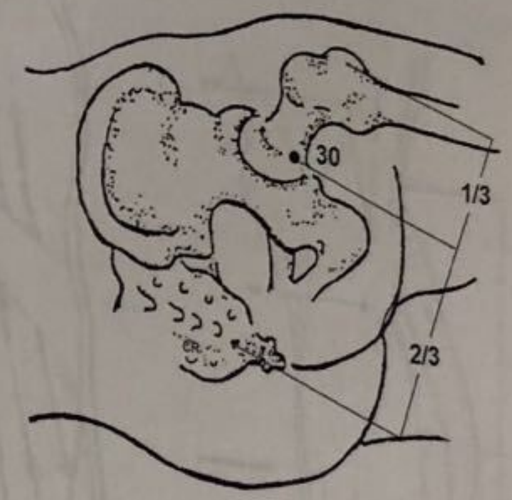

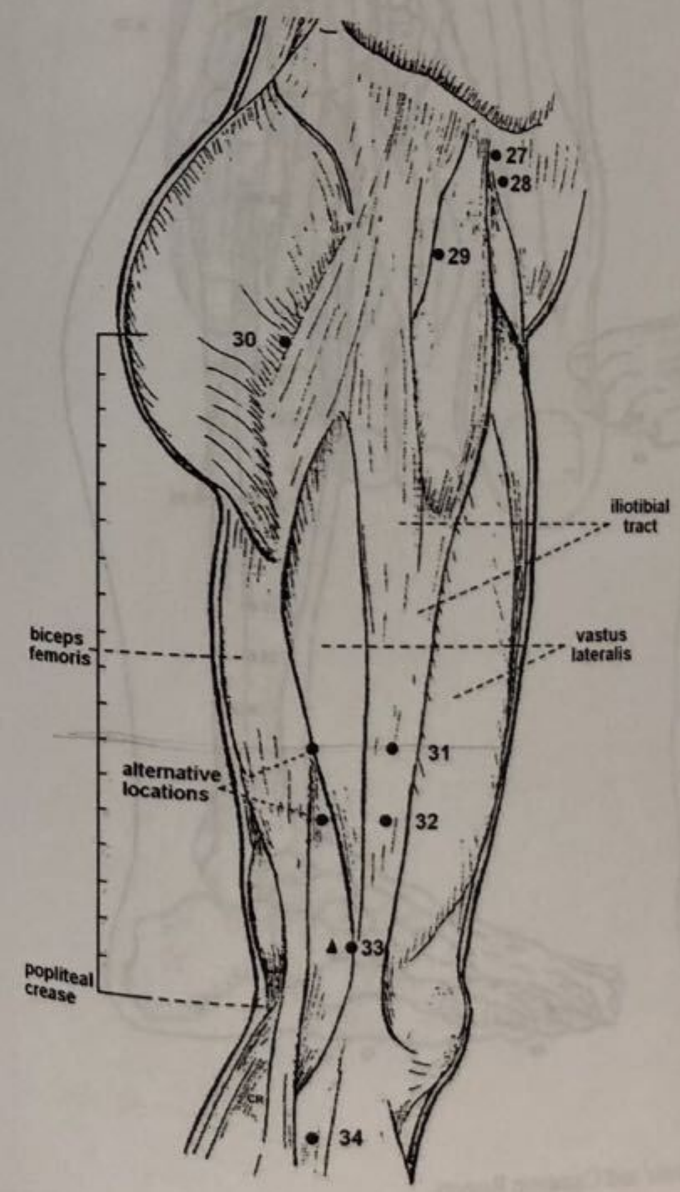

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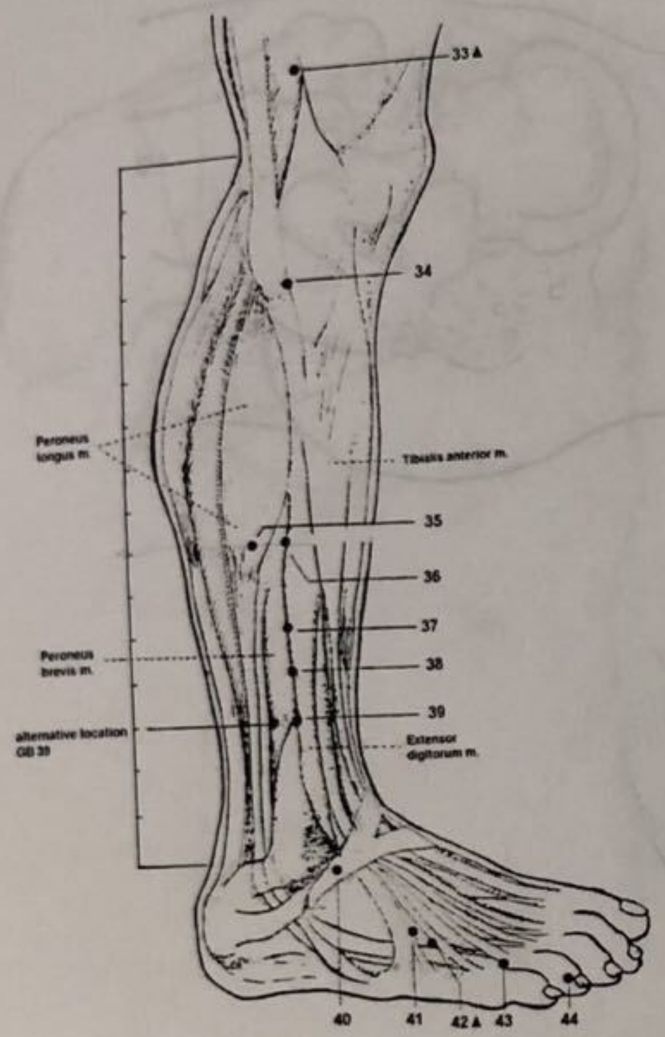

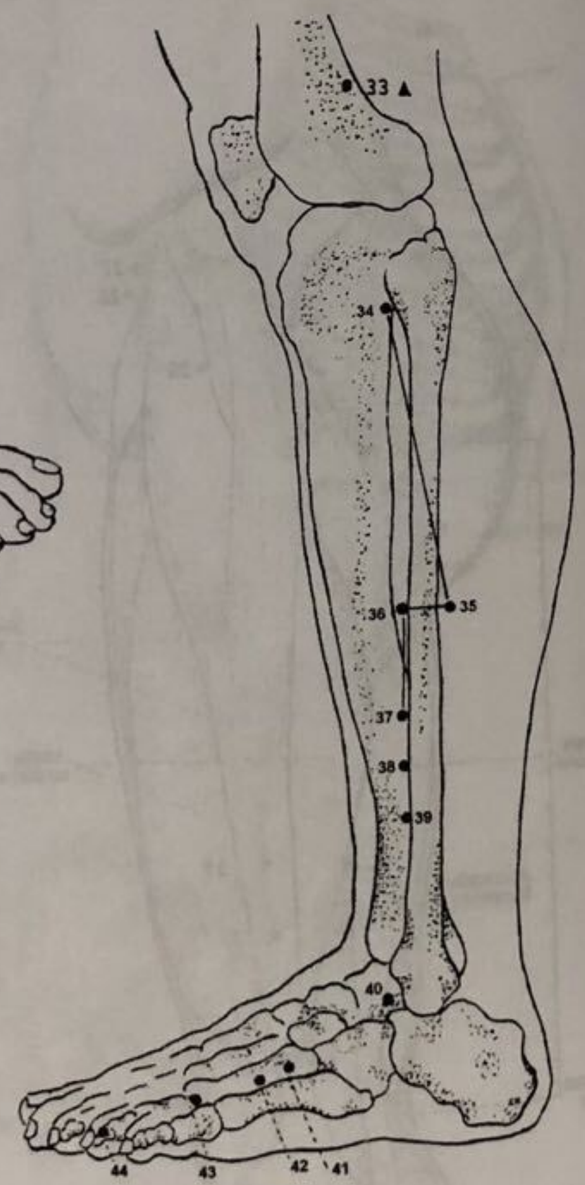

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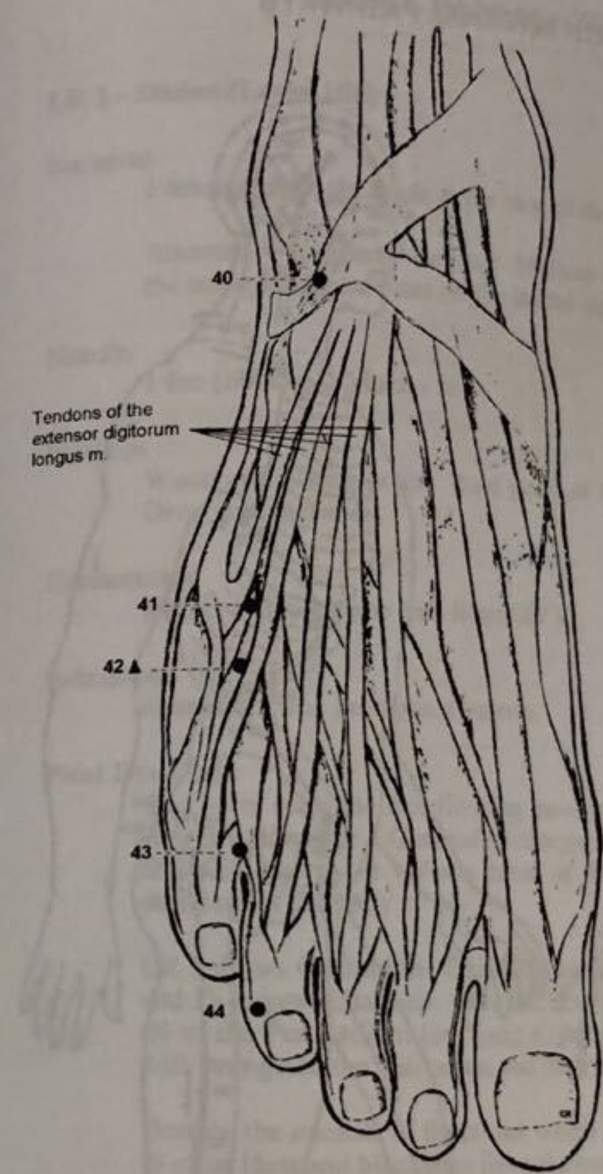

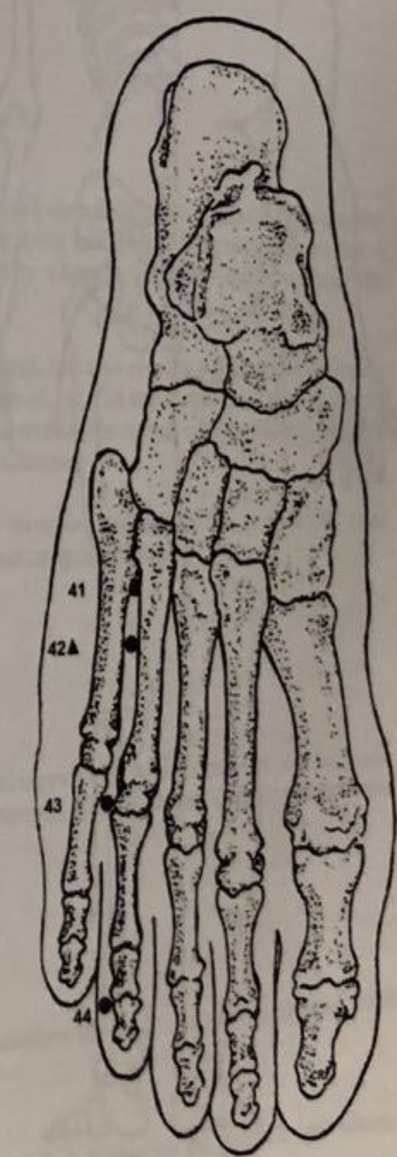

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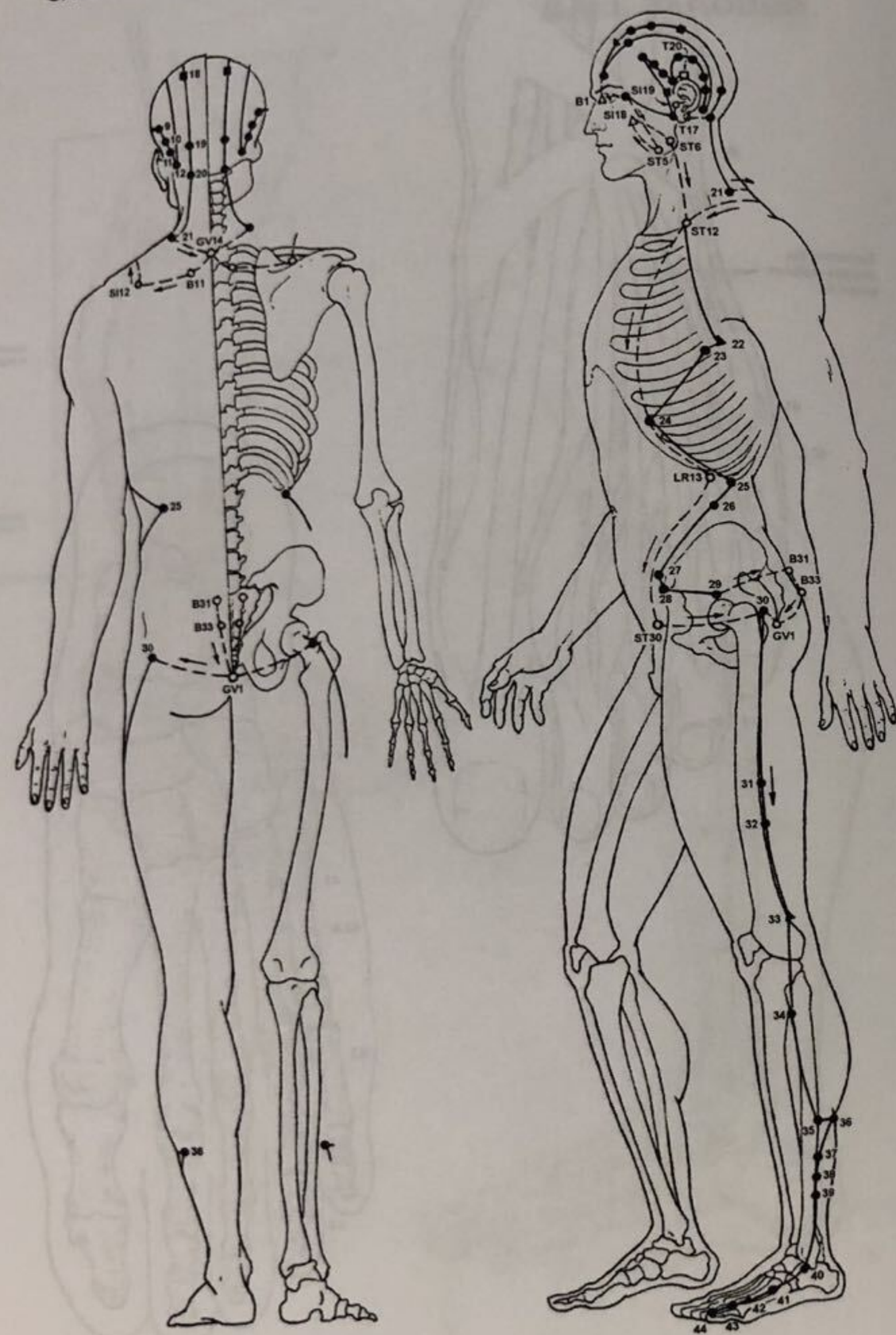
GALL BLADDER MAIN CHANNEL WITH INTERNAL PATHWAYS



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LIVER CHANNEL: *ZU JUE YIN GAN JING*

LR 1 - *Dadun* (Large Hill)

Location

1 fen lateral to the angle at the base of the big toe nail.

Alternative location - Beijing: Midway between the lateral angle of the nail base and the interphalangeal joint on the lateral aspect of the dorsum of the great toe.

Needle

1 fen (oblique). Moxa - 5-7

Features

Wood and Cheng point. Root point of Jue Yin. Control point of Muscle/Tendino and Divergent meridian.

Connections

Receives Transverse Luo from GB 37.

Indications

Hernia, uterine prolapse, enuresis.

Point Dynamics

The Liver rules the free flowing movement and spreading of Qi. According to the Nei Jing it is also like a *General in charge of an Army* and from this we may deduce that it can send energy to various areas of the body where it is needed and it controls the defences of the body.

LR 1 draws Qi from the Gall Bladder Channel, but also regulates the Muscle/Tendino and Divergent Channels. It is the Root point of Jue Yin and therefore it acts to supply Qi to the Pericardium (or Yang Kidney) as well as the Liver. As the Horary point it will strengthen the Yin organ and clear the Channel.

Despite the number of functions which the foregoing indicates, LR 1 is generally used to clear Heat and blockages from the external urogenital area.

LR 2 - *Xingjian* (Active Interval)

Location

Anterior to the articulation (metatarsal-phalangeal) and between the 1st and 2nd toes. The point is about 5 fen proximal to the margin of the web and slightly closer to the big toe.

Needle

3 fen (oblique). Moxa - 5-7

Features

Fire and Yong point. Eliminates Fire and soothes the Liver. Removes stagnant Qi and clears the Lower Energizer.

Indications

Major point to eliminate Fire. Used with LR 3 it acts on the genitals and urinary system to eliminate Heat (e.g. uterine bleeding).

Point Dynamics
The Fire and Yong point, LR 2 gives dynamic Yang movement to the Qi of the channel (spreads stagnant Qi). It can be sedated to clear Fire from the system and may be used to prevent excess Liver Fire from damaging Kidney Yang or travelling to the Heart.

LR 3 - *Taichong* (Supreme Assault)

Location
On the dorsum of the foot in the angle formed by the 1st and 2nd metatarsals, just anterior to the articulation with the 1st and 2nd cuneiforms.

In some European schools the point is located proximal to the articulation, in the depression formed between the base of the 2nd metatarsal and the 1st and 2nd cuneiforms.

Needle
3 fen (perpendicular). Moxa - 3-7

Features
Earth, Shu and Yuan point. Soothes Liver and Gall Bladder. Calming, sedative function. Stops pain and regulates Blood.

Connections
Receives Transverse Luo from GB 37.

Indications
Calms Fire due to empty Liver yin.

Point Dynamics
As the Yuan point, LR 3 takes neutral Earth Qi into the organ (strengthens Liver Yin) to soothe it and to regulate the function of the Liver and its Qi throughout the channel. This point will harmonize Earth and Wood (often subject to mutual insult) and so will clear the Middle Energizer.

Blood is stored in the Liver and Heat in the Liver will lead to Heat in the Blood. Therefore this point, which regulates and calms the organ, will have a similar effect on the Blood stored within the organ.

LR 4 - *Zhongfeng* (Middle Seal)

Location
1 cun anterior to the anterior border of the medial malleolus in the depression medial to the tibialis anterior tendon.

Needle
4 fen (perpendicular). Moxa - 3-5

Features
Metal and Jing point. Regulates the function and eliminates congestion of the Liver.

Indications
Pain of the external genitalia, hernia.

Point Dynamics
LR 4, as the Metal and Jing point, circulates contracting and drying Metal Qi, which will regulate the expansive movement of Wood.

LR 5 - *Ligou* (Drain of the Calf)

Location
5 cun superior to the tip of the medial malleolus, at the medial border of the tibia. This section of the meridian is approximately 5 fen anterior to the Spleen meridian.

Wu Wei Ping defines this point as 6 cun above the medial malleolus but the measurement is from the lower border rather than the tip. Therefore the location is identical.

Needle
3 fen (perpendicular or horizontally along the bone). Moxa - 3-7

Features
Luo point. Reduces Fire of Liver and eliminates Damp-Heat from genitals.

Connections
Transverse Luo to GB 40 and GB 44.

Indications
Use with CV 3 to dispel Damp-Heat from the Lower Energizer and genitals, muscular cramping.

Point Dynamics
Acute muscular and abdominal disorders, including pain, are regulated with LR 5, the Luo point, which establishes the Yin/Yang balance of Wood. The Liver Luo acts directly on the external genitals and the clearing action of the Luo Mai will disperse Damp-Heat.

LR 6 - *Zhongdu* (Central Capital)

Location
7 cun superior to the tip of the medial malleolus, at the medial border of the tibia.

Wu Wei Ping defines this point as 8 cun superior to the lower border of the medial malleolus (see above).

Needle
3 fen (perpendicular or oblique). Moxa - 3

Features
Xi-Cleft point.

Indications
Uterine bleeding, pain along the channel.

Point Dynamics
The store of Qi at the Xi-Cleft point is useful for clearing blockages along the pathway of the channel, especially in relation to pain in the muscles of the legs.

LR 7 - *Xiguan* (Knee Gate)

Location
In the posterior/inferior aspect of the medial condyle of the tibia, 1 cun posterior to SP 9 and approximately 2 cun below the medial extremity of the popliteal crease.

Needle
4 fen (perpendicular). Moxa - 5

LR 8 - *Ruquan* (Fountain of the Corner)

Location
With the knee flexed the point can be found at the medial end of the popliteal crease, in the depression anterior to the tendons of the semimebranosus and semitendinosus and posterior to the medial condyle of the tibia.

WHO location
On the medial aspect of the knee, in the depression medial to the tendons of the semitendinosus and the semimembranosus muscles, at the medial end of the popliteal crease.

Note: With the knee flexed, LR8 is located in the depression medial to the most prominent tendon on the medial end of the popliteal crease.

Needle
6 fen (perpendicular). Moxa - 3-5

Features
Water and He point. Dispels Damp-Heat which causes cystitis. Clears Lower Energizer. Relaxes tendons (nerves) and tonifies Liver yin.

Indications
Headache, pain in the external genitalia, dysuria, lower abdominal pain.

Point Dynamics
LR 8, the Water and He point is used to cool and to provide Yin Qi to the organ and to the Qi circulating in the channel - therefore it acts to relax the muscles and tendons. As the channel travels to the top of the head, this point is often used to treat headaches due to an excess of Liver Yang rising to the head. It balances the relationship between Liver and Kidneys, therefore assisting Damp-Heat to be expelled from the Bladder (one of the functions of the Bladder is to rid the body of excess Heat which will damage Yin)

LR 9 - *Yinbao* (Envelope of Yin)

Location
4 cun superior to the medial epicondyle of the femur, between the vastus medialis and the sartorius. When the right hand is placed flat on the top of the right flexed knee with the finger tips on the superior edge of the patella, the point is at the tip of the abducted thumb.

WHO location:
On the medial aspect of the thigh, between the gracialia and the sartorius muscles, 4 cun proximal to the base of the patella

Note: With the hip slightly flexed and abducted and with the muscle under tension the sartorius muscle becomes more distinct. LR 9 is located posterior to the sartorius muscle.

Needle
5 fen (perpendicular). Moxa - 3

LR 10 - Femur *Wuli* (Foot Five Miles)

Location
On the anterior-medial side of the thigh, lateral to the adductor longus and 1 cun inferior to the inguinal groove.

WHO location
On the medial aspect of the thigh, 3 cun distal to ST30, over the artery.

Needle
5 fen (perpendicular). Moxa - 5

LR 11 - *Yinlian* (Yin Passage)

Location
In the inguinal groove, 1 cun superior to LR 10.

WHO location
On the medial aspect of the thigh, 2 cun distal to ST30.

Note: LR11 is located lateral to the adductor longus muscle. When the thigh is adducted against resistance with the hip slightly flexed and abducted, the knee flexed, the adductor longus muscle becomes more distinct.

Needle
3 fen (perpendicular). Moxa - 3

Connections
Meridian to SP 12, SP 13, before reunion at LR 12.

Indications
Menstrual disorders.

Point Dynamics
This point harmonizes the reproductive roles of Liver and Spleen due to the connections of the internal channel.

LR 12 - *Jimai* (Rapid Vessels)

Location
2.5 cun lateral to the anterior midline and 1 cun inferior to the superior border of the pubic symphysis. The point is 1 cun superior to LR 11.

WHO location
In the groin region, at the same level as the superior border of the pubic symphysis, and 2.5 cun lateral to the anterior median line.

Needle
FORBIDDEN. Moxa - 3

Connections
To genitals, CV 2, CV 3 and CV 4 before reunion at LR 13.

Point Dynamics
This point has a strong action on the external genitals due to its internal pathway and Conception Vessel connections, which also involve the actions of the Divergent Channel and Muscle/Tendino areas (at CV 2).

LR 13 - *Zhangmen* (Door of the Shelter)

Location
At the tip of the free end of the 11th rib. If the patient is so fat that the point cannot be easily located, ask them to lie on their side with the arm extended toward the feet. Bend the arm at the elbow and the point is located at the height of the olecranon.

Needle
6-8 fen (perpendicular). Moxa - 7-20

Features
Mu point of Spleen. Special Meeting point of the Zang. Shokanten point of Tai Yin. Promotes the function of the Liver. Relieves retention of food. Promotes Spleen function of transformation and transportation.

Connections
GB and Dai Mai. Internal path through associated organs to LR 14.

Indications
Diarrhoea, vomiting, indigestion, poor memory, abdominal distension.

Point Dynamics
Promotes the function of the free flowing movement of Qi throughout the Zang organs. As the Shokanten point for Tai Yin it is indicated for disorders caused by emotional disturbances of the Lung and Spleen and as the Mu point of the Spleen it is indicated for chronic disorders of the organ. Its connections with Dai Mai mean that it will assist in the adjustment of Gall Bladder and Liver Qi and will release obstructions of the Middle and Lower Heaters. It will clear blockages of the Liver and Gall Bladder organs due to its internal pathway.

LR 14 - *Qimen* (Door of the Period)

Location
On the mamillary line, directly inferior to the nipple, in the intercostal space between the 6th and 7th ribs level with CV 14.

Alternative location - Wu Wei Ping: 'On a line vertical to the nipple at the lower edge of the thoracic cage.' Van Ghi: '2.5 cun lateral to CV 14.'

Needle
4 fen (perpendicular). Moxa - 5-7

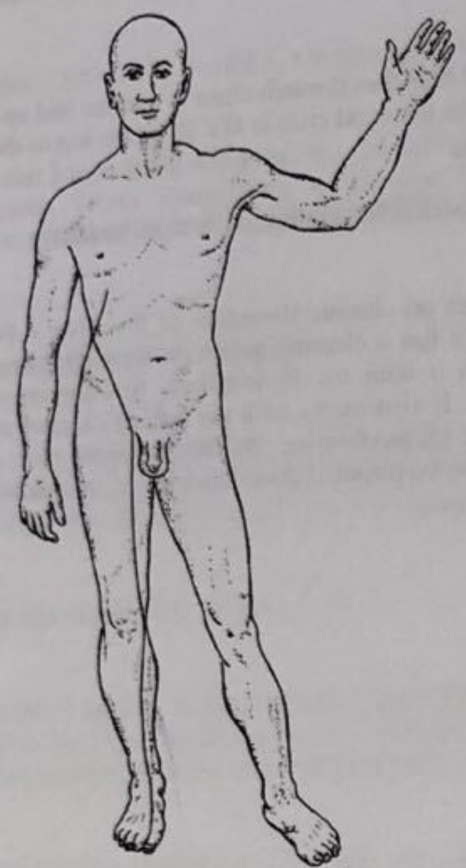
Features
Mu point. Shokanten point of Jue Yin. Similar to LR 13 but also expels Damp-Heat and circulates Qi.

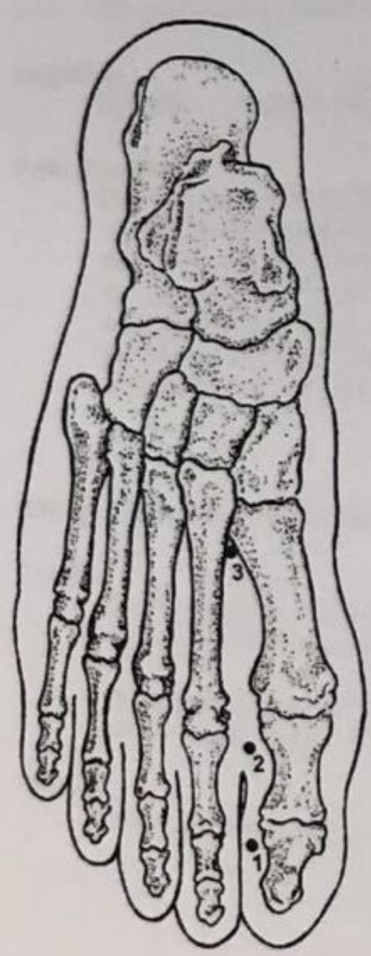
Connections
SP and Yin Wei Mai. Internal branches through chest to midline and up to head where it encircles the mouth, enters the eyes and ends at GV 20 on the top of the head.

Indications
Pain in the chest, abdominal distension, vomiting, sore eyes, headache.

Point Dynamics
The Mu point, LR 14 will act on chronic disorders of the Liver. Because of the internal pathway to the head, it has a clearing action on the Upper Energizer and its meeting with Yin Wei unites it with the Pericardium, to clear internal Heat and regulate the digestive system. It also meets with the Spleen channel at this point to further harmonize and regulate Qi production. As the Shokanten point of Jue Yin, it acts with the Pericardium to resolve physical disorders with an emotional basis.

LIVER SURFACE CHANNEL





Dorsum of the foot

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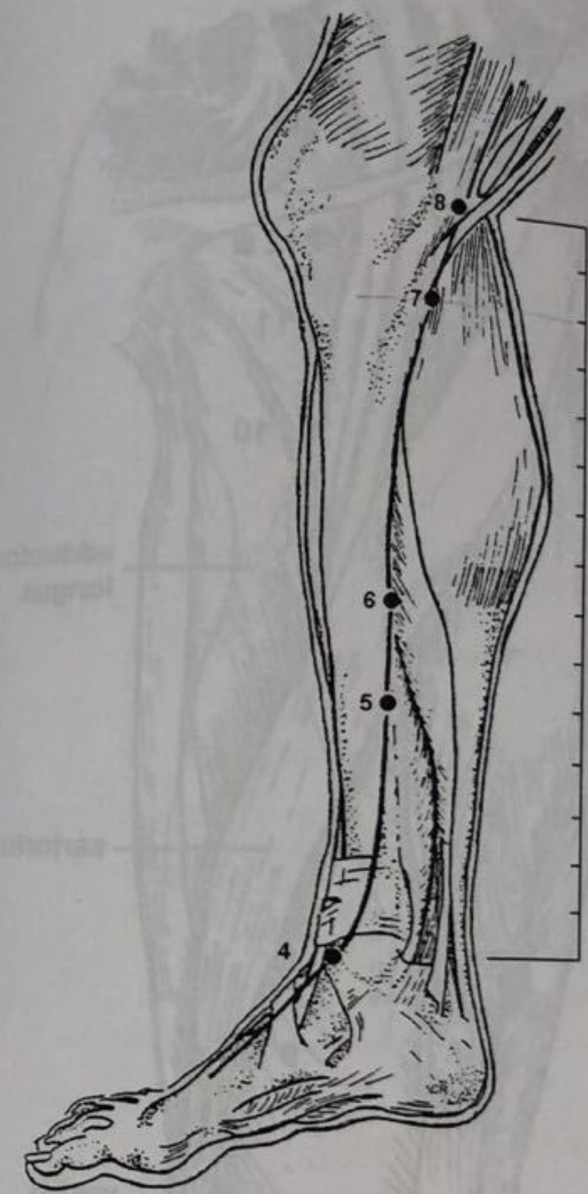

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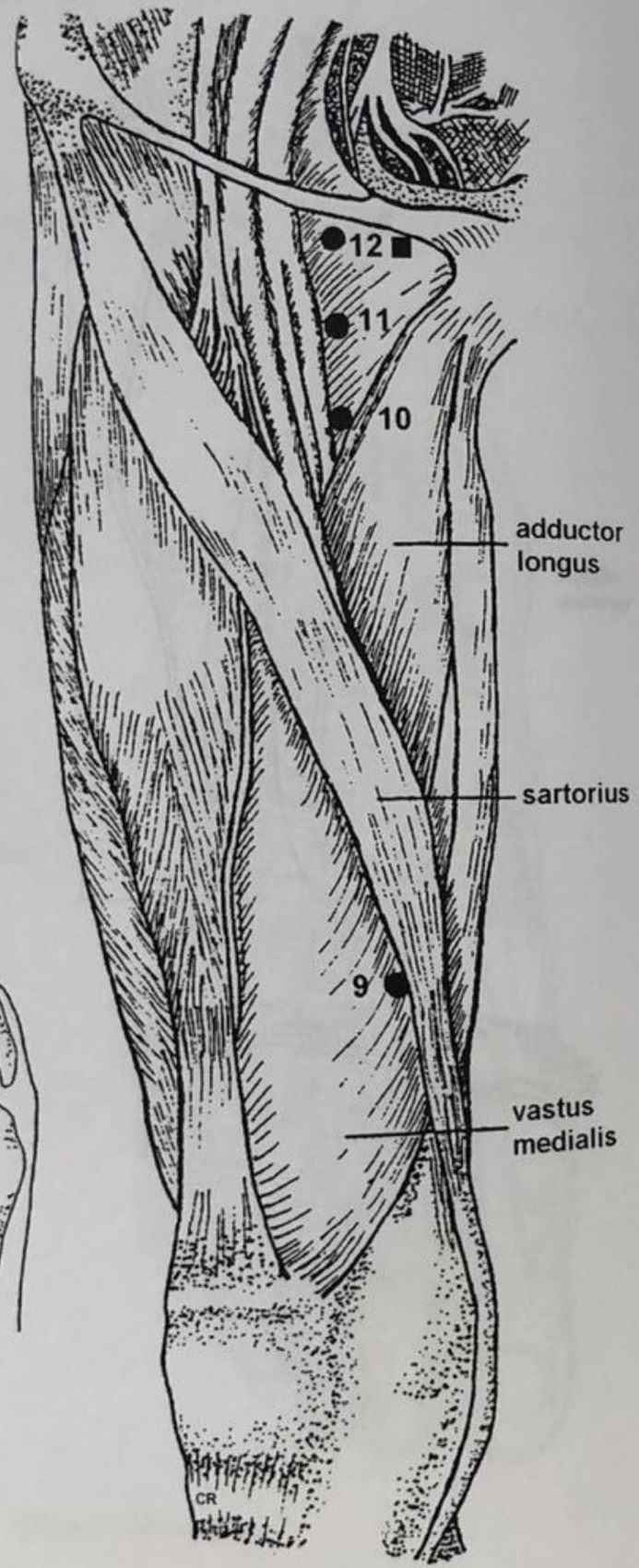
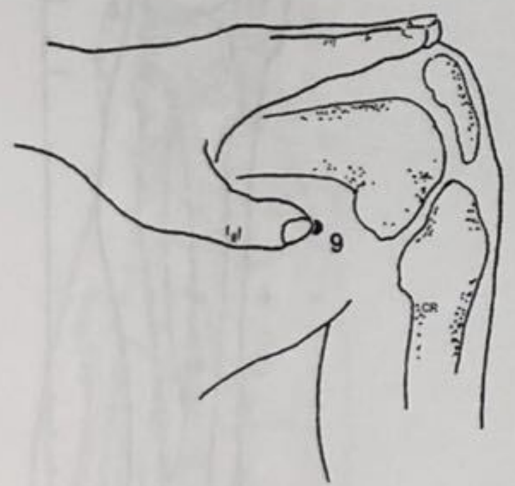
LIVER





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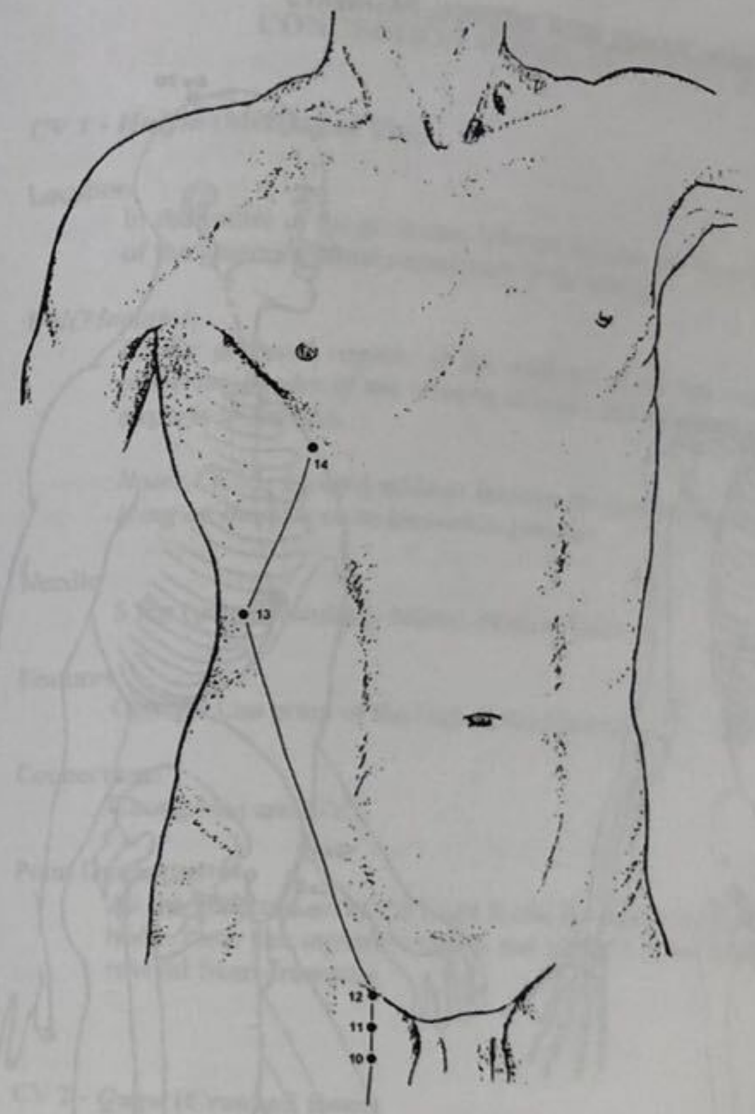
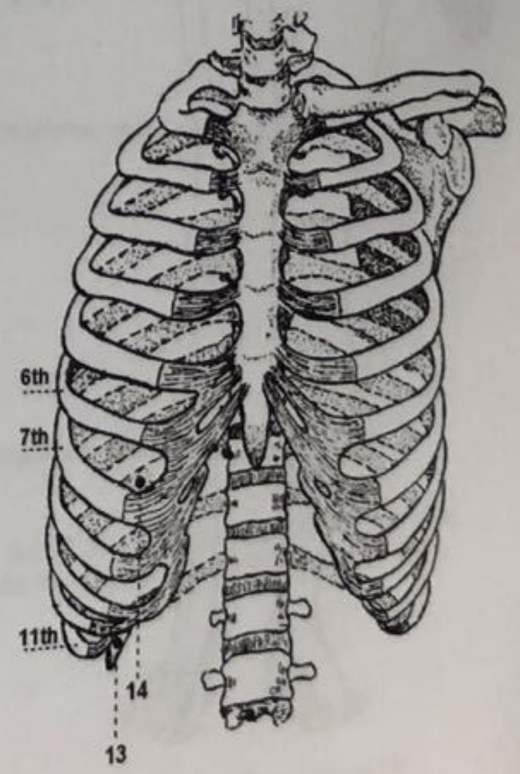


LIVER



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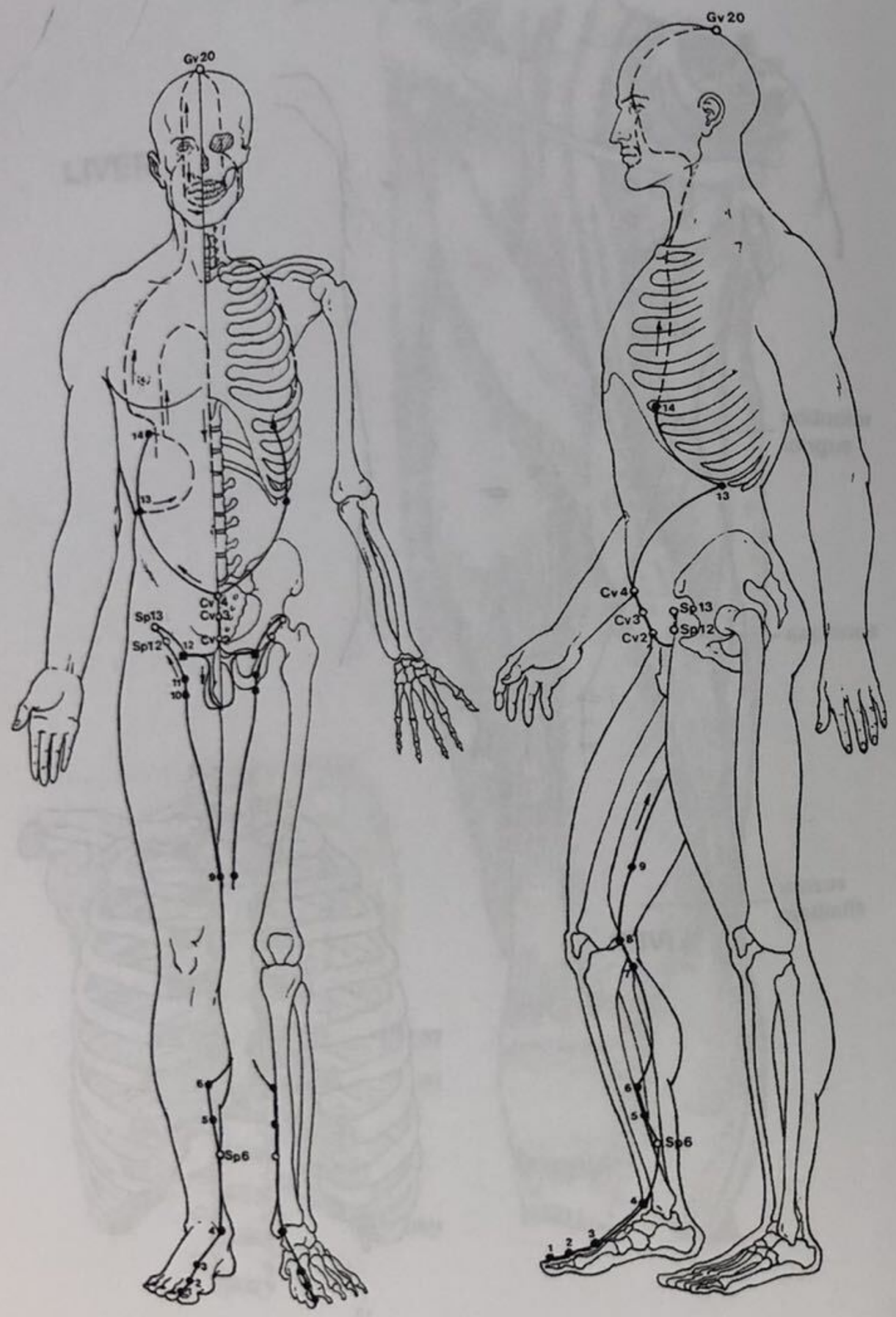
LIVER MAIN CHANNEL WITH INTERNAL PATHWAYS



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CONCEPTION VESSEL CHANNEL: *REN MAI*

CV 1 - *Huiyin* (Meeting of Yin)

Location

In the centre of the perineum, between the anus and the scrotum in the male; at the end of the posterior labial commissure in the female.

WHO location

In the perineal region, at the midpoint of the line connecting the anus with the posterior border of the scrotum in males and the posterior commissure of the labium majoris in females.

Note: CV1 is located midway between the anus and the genital organ, with the subject lying on the side or in knee-chest position.

Needle

5 fen (perpendicular). Moxa - FORBIDDEN

Features

General Luo point of the Eight Extra Channels.

Connections

Chong Mai and GV.

Point Dynamics

As the general Luo of the Eight Extras the point will clear perverse Qi from deep in the body, clear the internal systems and supply Jing Qi; hence its classical indication for revival from drowning.

CV 2 - *Qugu* (Crooked Bone)

Location

At the superior border of the pubic symphysis, on the anterior midline, 5 cun below the umbilicus.

Needle

5 fen (perpendicular). Moxa - 7

Features

Yuan Qi is released and circulated.

Connections

Lower Meeting point of LR/GB Divergent meridians. LR.

Point Dynamics

Yuan Qi is circulated through the use of this point, especially through the Liver connections, therefore it is indicated for Heat and weakness in the urogenital system.

CV 3 - *Zhongji* (Middle Pole)

Location

1 cun superior to CV 2 and 4 cun inferior to the umbilicus, on the anterior midline.

Needle
8 fen (perpendicular). Moxa - 5-15

Features
Mu point of Bladder. Regulates and promotes the function of the Uterus. Regulates the Lower Energizer. Yuan Qi released and circulated. Dispels Damp-Heat.

Connections
SP, KI, and LR.

Indications
Eliminates Damp-Heat with LR 5.

Point Dynamics
CV 3 releases Yuan Qi (which assists the transforming activities of Qi) and connects with the three lower Yin channels; therefore in disorders of the reproductive organs (which they control) it will clear blockages, restore strength and regulate function. As the Mu point it is indicated for chronic disorders of the Bladder because it will strengthen the organ's ability to clear Damp-Heat from the system.

CV 4 - *Guanyuan* (Gate of Origin)

Location
2 cun superior to CV 2 and 3 cun inferior to the umbilicus, on the anterior midline.

Needle
10-12 fen (perpendicular). Moxa - 7-15

Features
Mu point of Small Intestine. Promotes the function of the Kidneys. Tonifies and releases Yuan Qi. Adjusts the Qi and increases the Yang energy of the body. Strengthens the Kidneys.

Connections
SP, KI and LR.

Indications
Major tonification point for the whole body.

Point Dynamics
CV 4 releases Yuan Qi (which assists the transforming activities of Qi) and connects with the three lower Yin channels; therefore in disorders of the reproductive organs, which they control, it will clear blockages, restore strength and regulate function. As the Mu point of the Small Intestine (Fire Yang - which transfers Qi and fluids to the Kidneys) it clears and strengthens the Fu, thereby nourishing Kidney Qi and promoting the function of the Kidneys. Because the Kidneys supply Ying Qi to all the Zang, the point tonifies the whole body and increases the transformation of fluids to Blood.

CV 5 - *Shimen* (Stone Door)

Location
3 cun superior to CV 2 and 2 cun inferior to the umbilicus, on the anterior midline.

Needle
7-8 fen (perpendicular). Moxa - 7-15

NOTE: THE USE OF THIS POINT MAY CAUSE STERILITY IN WOMEN. IT IS ALSO REPUTED TO SHORTEN THE PATIENT'S LIFE.

Features
Mu point of the Triple Energizer.

Point Dynamics
CV 5 lies between CV 4 - which releases Yuan Qi (the pre-natal catalyst Qi required for all the processes of transformation of post-natal Qi) and which connects to the Liver, Spleen and Kidneys (the organs controlling reproduction) - and CV 6 (the Sea of Qi) which has a major role in the Kidney function. CV 5 is the Mu point of the Triple Energizer, which is involved with the communication (especially in relation to Qi production) of the Upper, Middle and Lower Energizers. Any trauma to this point may impede the internal communication needed for Qi production (including the distribution of Yuan Qi), as well as blocking the smooth flow of Qi between these major points and may impair the ability to reproduce as well as shorten life expectancy. This is an ancient precaution and is not observed in modern acupuncture. The majority of traditional practitioners however, prefer to avoid the use of this point.

CV 6 - *Qihai* (Sea of Energy)

Location
1.5 cun inferior to the umbilicus and 3.5 cun superior to CV 2, on the anterior midline.

Needle
8 fen (perpendicular). Moxa - 7-15. Do not Moxa in cases of severe weakness.

Features
Extra Yuan point for all the Zang. Regulates Qi circulation and dispels Damp. Strengthens ascending function of the Spleen. Increases the Yin energy of the body and strengthens the Kidneys.

Indications
Major tonification point for the whole body.

Point Dynamics
Known as the Sea of Qi, it is one of two extra Yuan points on the Conception Vessel. It appears to invigorate the circulation of Yuan Qi to all the Zang but has a special action on the Kidneys (increasing the circulation of Kidney Qi and therefore strengthening Yin) and the Spleen (disperses Damp and strengthens its ascending function), which in turn promotes the Qi of the Heart and Lungs. Warming this point disperses internal Cold and circulates dynamic Yang.

CV 7 - Abdomen *Yinjiao* (Meeting of Yin)

Location
1 cun inferior to the umbilicus and 4 cun superior to CV 2, on the anterior midline.

Needle
8 fen (perpendicular). Moxa - 7

Features
Meeting point of Lower Energizer and Triple Energizer.

Connections
PC, TE and Chong Mai.

Point Dynamics
As a point which unites the Pericardium, Triple Energizer and Chong Mai, CV 7 has a special action on the Lower Energizer. It moves Qi and Blood and activates Kidney Yang and its functional areas (Pericardium and Triple Energizer). It is therefore suggested for slow recovery from childbirth as it restores the strength of the Lower Energizer.

CV 8 - *Shenjue* (Energy Palace)

Location
In the centre of the umbilicus.

Needle
FORBIDDEN. Moxa - 3-30 on salt or ginger.

Features
Warms the Yang energy of the body. Strengthens the Spleen.

Indications
Abdominal noises and intestinal Wind.

Point Dynamics
Moxibustion on this point clears Wind obstructions (gas) from the Stomach by activating dynamic Yang in the Middle Energizer and promoting the ascending function of the Spleen. Increases Spleen Yang.

CV 9 - *Shuifen* (Divisions of Water)

Location
1 cun superior to the umbilicus, on the anterior midline.

Needle
5 fen (perpendicular). Moxa - 5-15

Connections
LU.

Indications
Oedema.

Point Dynamics
A special point for the movement of fluid, CV 9 connects with the Lung channel. It harmonizes the actions of Lung, Spleen and Kidney in relation to the control of fluids in the system, so it is indicated in cases of generalised oedema.

CV 10 - *Xiawan* (Lower portion of the Stomach)

Location
2 cun superior to the umbilicus on the anterior midline.

Needle
8 fen (perpendicular). Moxa - 7-15

Connections
SP.

Point Dynamics
This point has a direct action on the Stomach and the Spleen Yang. It is one of a group of points (CV 12 and CV 13) which may be used to regulate the activity of Qi production. As the name implies, it deals with the Lower Stomach and therefore the downward transport of Gu Qi to the intestines and Kidneys.

CV 11 - *Jianli* (Established Mile)

Location
3 cun superior to the umbilicus on the anterior midline.

Needle
5-8 fen (perpendicular). Moxa - 5-15

CV 12 - *Zhongwan* (Middle of the Stomach)

Location
4 cun superior to the umbilicus on the anterior midline.

Needle
3-8 fen (perpendicular). Moxa - 7-15

Features
Mu point of the Stomach. Special Meeting point of the Fu. Concentration point of Tai Yin. Meeting point of the Middle Energizer and Triple Energizer. Regulates Stomach Qi and tonifies the Spleen. Relieves the retention of food and eliminates Damp. Subdues ascending Stomach Qi.

Connections
LU, PC, SI, ST and TE.

Indications
Diarrhoea, vomiting, abdominal distension, gastric pain, undigested food in the stools.

Point Dynamics
This is the Mu point for the Stomach (which moves Gu Qi downward) and the Concentration point for Tai Yin (moves Qi upward). It therefore regulates the Yin and Yang of Earth and harmonizes its relationship with Metal. It will help in digestive problems which have an emotional as well as a physical basis. It acts on the Gu Qi of the middle Stomach (Middle Energizer) so it assists in directing the more refined Gu Qi upwards (to the Spleen and then Lungs) and the coarser form of Gu Qi downwards to the intestines. Thus it regulates Qi production and quells rebellious Qi.

As a special Meeting point for the Six Fu it regulates the Qi which is produced in the Middle Energizer and directs it downward to the Six Yang transporting organs; activating and strengthening them as well as communicating with the first of these, Small Intestine - therefore it relieves the retention of food and eliminates Damp.

It is a point of communication between Pericardium and Triple Energizer (which is said to be housed in the Stomach) and it regulates dynamic Yang activity in the Middle Energizer.

CV 13 - *Shangwan* (Upper Portion of the Stomach)

Location
5 cun superior to the umbilicus on the anterior midline.

Needle
5-8 fen (perpendicular). Moxa - 7-15

Connections
LU, SI and ST.

Point Dynamics
The third of the points which relate to the Stomach organ through channel connections, this point strengthens the upward movement of Gu Qi (to the Heart and Lungs in the Upper Energizer) and disperses Heat (via its connection to the Small Intestine which removes excess Heat from the Heart) from the Upper Energizer.

CV 14 - *Jujue* (Lack of Resistance)

Location
6 cun superior to the umbilicus on the anterior midline.

Needle
6 fen (oblique downward). Moxa - 7-15

Features
Mu point of the Heart. Calms the mind and Shen. Pacifies the Stomach and balances Qi.

Indications
Mental illness.

Point Dynamics
As the Mu point of the Heart, CV 14 is used to clear chronic conditions, especially those which deal with disruptive Qi above the diaphragm (vomiting, coughing and hiccoughing). It acts to move Qi downward and thus it regulates disorders of the Middle Energizer and the abdomen. Because it clears the Upper Energizer it will calm the Heart and therefore also the Shen.

CV 15 - *Jiuwei* (Tail of the Dove)

Location
7 cun superior to the umbilicus on the anterior midline. The point is at the tip of the xyphoid process.

Needle
3-5 fen (oblique downward). Moxa - 3-5

Features
Extra Yuan point of the Zang. Luo point of CV.

Indications
Epilepsy, mental disorders, chest pain.

Point Dynamics
This is another extra Yuan point for the Zang and therefore it strengthens all their functions. It appears, probably because of its location in the Upper Energizer, to have a more Yang action than CV 6.

Its general actions are similar to those of CV 14 but as it is also the Luo point of Conception Vessel, it may be used for itching of the skin of the trunk (a symptom of deficient Qi in the Luo Channels of Ren Mai), especially in the abdominal area.

CV 16 - *Zhongting* (Central Pagoda)

Location
8 cun superior to the umbilicus at the juncture of the sternum and xyphoid process.

Beijing determines the location as 1.5 cun below CV 17 at the level of the 5th intercostal space.

Needle
3 fen (oblique). Moxa - 5

CV 17 - *Shangzhong* (Middle of the Chest)

Location
On the anterior midline, level with the 4th intercostal space.

Needle
FORBIDDEN. Moxa - 2

NOTE: This point may be needled on patients over 25 years of age when the cartilage of the sternum has hardened, but the insertion should be very shallow - 3-5 fen and the needle (directed upward, downward or laterally) should be horizontal.

Features
Mu point of the Pericardium. Meeting point of Shao Yin. Sea of Energy point with BL 10 and ST 9. Meeting point of Upper Energizer and Triple Energizer. Regulates the circulation of Qi. Subdues ascending Stomach Qi. Dispels fullness from the chest. Soothes the diaphragm and clears the Lungs. Resolves phlegm in the chest.

Connections
KI, PC, SI and TE.

Indications
Asthma, chest pain, insufficient lactation.

Point Dynamics

The Mu Point of the Pericardium (which receives a direct connection from the Kidney channel through the Lungs), CV 17 acts to harmonize the relationship between Kidney Yang (supplies Qi to the Lungs to enable them to draw in Da Qi and transform it) and Lungs (which exhale and move condensed moisture to the Kidneys).

Again, through the relationship to the Pericardium and Triple Energizer, it will soothe Qi in the Stomach, regulate Stomach function and subdue rebellious Stomach Qi, sending it downwards via the Small Intestine connection. The Pericardium and Triple Energizer will also clear and regulate the Upper Energizer and soothe Heart function.

As a Sea of Energy point, it relates to BL 10 (Upper Meeting point of the KI/BL Divergent Channel and a Window of the Sky Point) and St 9 (another Window of the Sky Point). Therefore, while increasing the Lung/Kidney Yang cycle of Qi production and clearing obstructions of Qi to the head, this point promotes the production of Zhen Qi and its circulation throughout the system, but especially in the Upper Energizer.

Its ability to balance the relationship between Water and Fire can be seen in its role as the Meeting point of Shao Yin (Heart and Kidney), so it will regulate the Qi within the Division, clearing Phlegm in the chest.

The strong multi-system regulating action on the Lungs provided by CV 17 is the reason why this point is indicated in most cases of asthma, no matter what the cause.

CV 18 - *Yutang* (Jade Palace)

Location

1.6 cun superior to CV 17 at the level of the 3rd intercostal space.

Needle

3 fen (oblique). Moxa - 5

Features

Concentration point of Jue Yin.

Point Dynamics

As the Concentration Point of Jue Yin, CV 18 supplies Qi to both the Liver and the Pericardium.

CV 19 - Chest *Zigong* (Matrix)

Location

On the anterior midline 3.2 cun above CV 17 at the level of the 2nd intercostal space.

Alternative location - Wu Wei Ping: 3.2 cun below the upper edge of the manubrium.

Needle

3 fen (oblique). Moxa - 5

CV 20 - *Huagai* (Cover of Splendour)

Location

On the anterior midline at the junction of the manubrium and the body of the sternum, level with the top of the second rib.

Some texts describe the location as 'above' then add 'level with the 1st intercostal space' but as the junction forms the 2nd costal notch this is obviously incorrect.

WHO location

In the anterior thoracic region, at the same level as the first intercostals space, on the anterior median line.

Needle

3 fen (oblique). Moxa - 3

CV 21 - *Xuanji* (Pearl Jade)

Location

On the midline of the sternum, 5 fen below the sternal (jugular) notch, level with the first rib.

Alternative location - Wu Wei Ping: Just above the superior border of the sternal notch (similar location to CV 22).

WHO location

In the anterior thoracic region, 1 cun inferior to the suprasternal fossa, on the anterior median line.

Note: CV21 is located 1 cun inferior to CV22.

Needle

3 fen (oblique). Moxa - 5

CV 22 - *Tiantu* (Appearing to Disappear)

Location

5 fen superior to the sternal (jugular) notch on the anterior midline, in the suprasternal fossa.

WHO location

In the anterior region of the neck, in the centre of the suprasternal fossa, on the anterior median line

Note: CV22 is located in the depression midway between the medial ends of each clavicle.

Needle

3 fen (oblique and downward). Moxa - 3-7

NOTE: Traditionally it is forbidden to needle deeper, but this point may be punctured deeper by special technique. The patient's head must be tilted back, the needle is inserted 2-3 fen perpendicularly, then inserted between the posterior border of the sternum and the anterior border of the trachea to a depth of 1 cun. This method should only be

used by experienced acupuncturists with a thorough knowledge of anatomy and skilled needle technique.

Features
Window of the Sky point. Promotes the dispersing function of the Lungs and eliminates Phlegm. Subdues ascending Qi of the Lungs.

Connections
Yin Wei Mai.

Indications
Asthma and cough.

Point Dynamics
A Window of the Sky Point, the use of CV 22 is indicated when suppressed emotions (such as fear or grief) are a contributing cause of asthma. It relates to the internal pathway of the Lungs which, although they are not said to connect to CV 22, have a major junction at the apex of their internal pathway in the throat, just superior to this point. It is apparent that action on CV 22 can disperse obstructed Lung Qi. As a point of Yin Wei it also harmonizes the Pericardium and Spleen relationship, soothing and strengthening Yin Qi.

CV 23 - Lianquan (Active Source)

Location
On the anterior midline of the neck, halfway between the laryngeal prominence and the border of the mandible. This places the point just superior to the hyoid bone.

WHO location
In the anterior region of the neck, superior to the superior border of the thyroid cartilage, in the depression superior to the hyoid bone, on the anterior median line.

Note: With the head slightly extended, the hyoid tubercle can be palpated between the mandible and the thyroid cartilage.

Needle
3 fen (toward the root of the tongue). Moxa - 3-7

Features
Concentration point of Shao Yin.

Connections
TE/PC and BL/KI Divergent meridians and Yin Wei Mai.

Indications
Aphasia and stiffness of the tongue due to Wind-stroke.

Point Dynamics
The Shao Yin Concentration point (Heart and Kidneys), CV 23 will circulate Qi in the Division and through its Divergent Channel and Yin Wei connections, it will have a very strong action on drawing Qi to the area of the throat.

CV 24 - *Chengjiang* (Containing the Fluid)

Location
In the depression between the point of the chin and the lower lip (mental labial groove) on the anterior midline of the face.

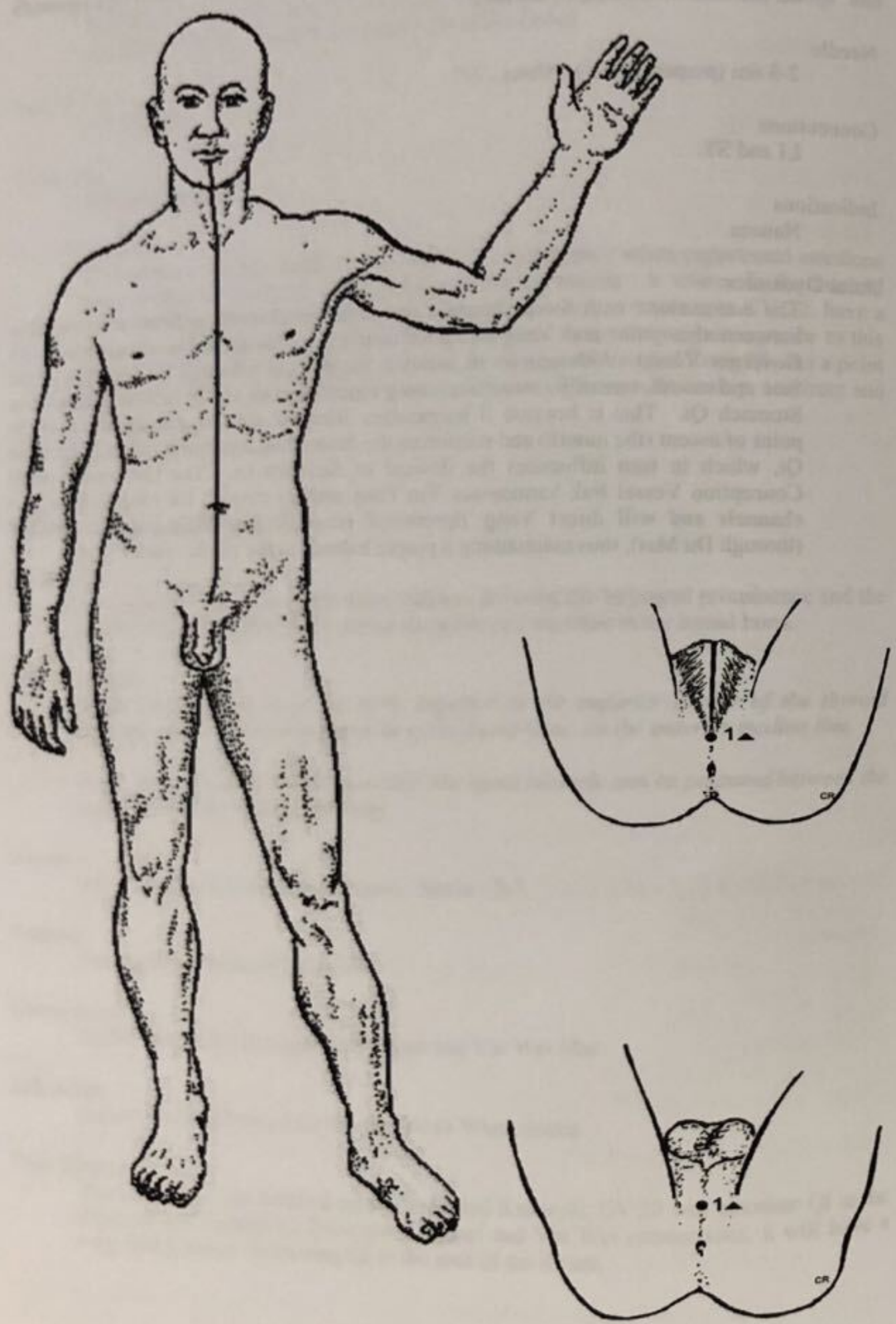
Needle
2-3 fen (perpendicular). Moxa - 3-7

Connections
LI and ST.

Indications
Nausea.

Point Dynamics
The connections with Stomach and Large Intestine channels indicate a relationship between this point and Yang Ming as well as a connection (in some texts) with Governor Vessel. Although by its location, the point is indicated for disorders of the face and mouth, one of its more interesting functions is its ability to control rebellious Stomach Qi. This is because it harmonizes Stomach and Large Intestine Qi at the point of ascent (the mouth) and reinforces the descending movement of Large Intestine Qi, which in turn influences the descent of Stomach Qi. The Governor Vessel/ Conception Vessel link harmonizes Yin/Yang activity through the nature of the two channels and will direct Yang 'downward' (through Ren Mai) and Yin 'upward' (through Du Mai), thus maintaining a proper balance in the whole system.

CONCEPTION VESSEL SURFACE CHANNEL



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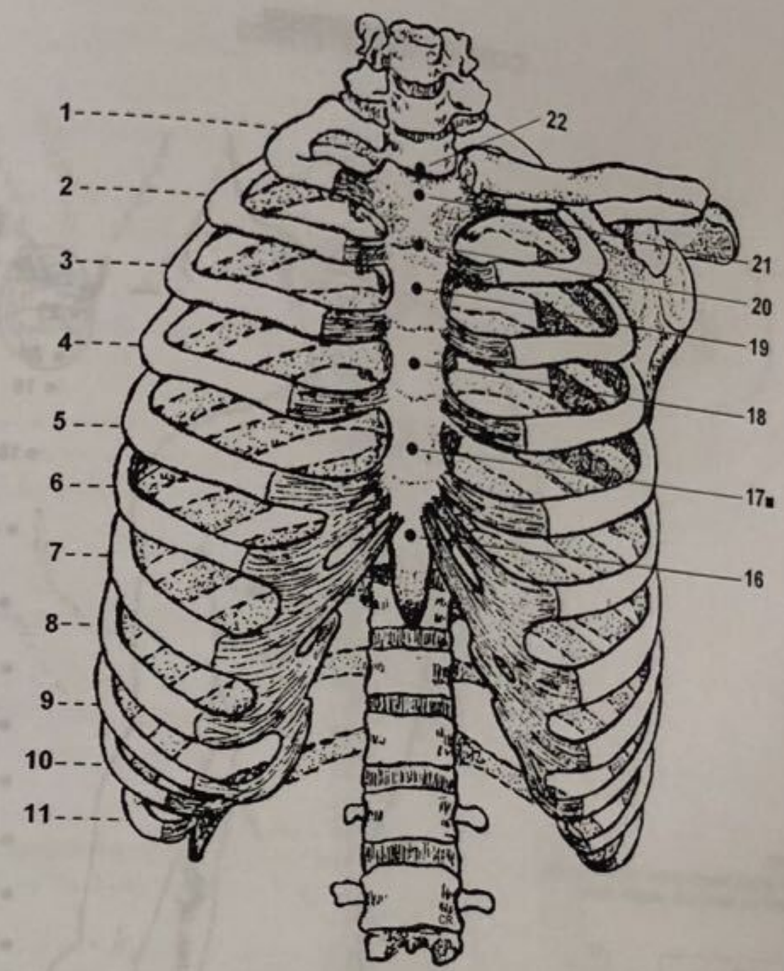

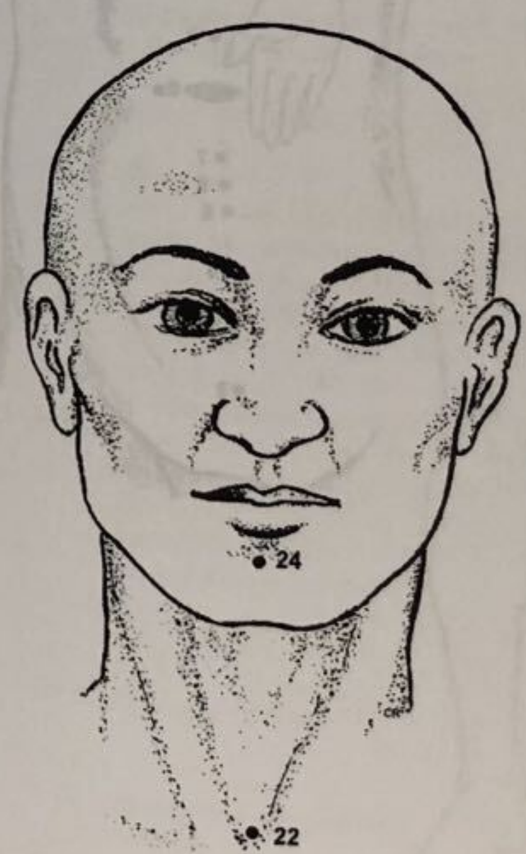

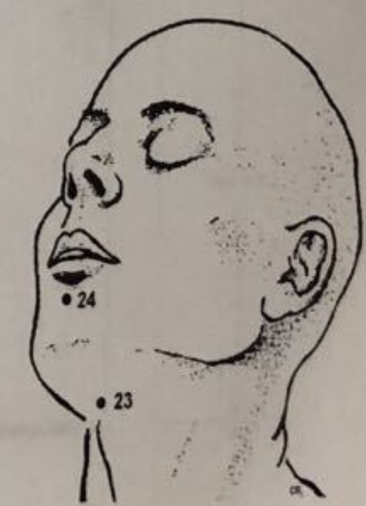

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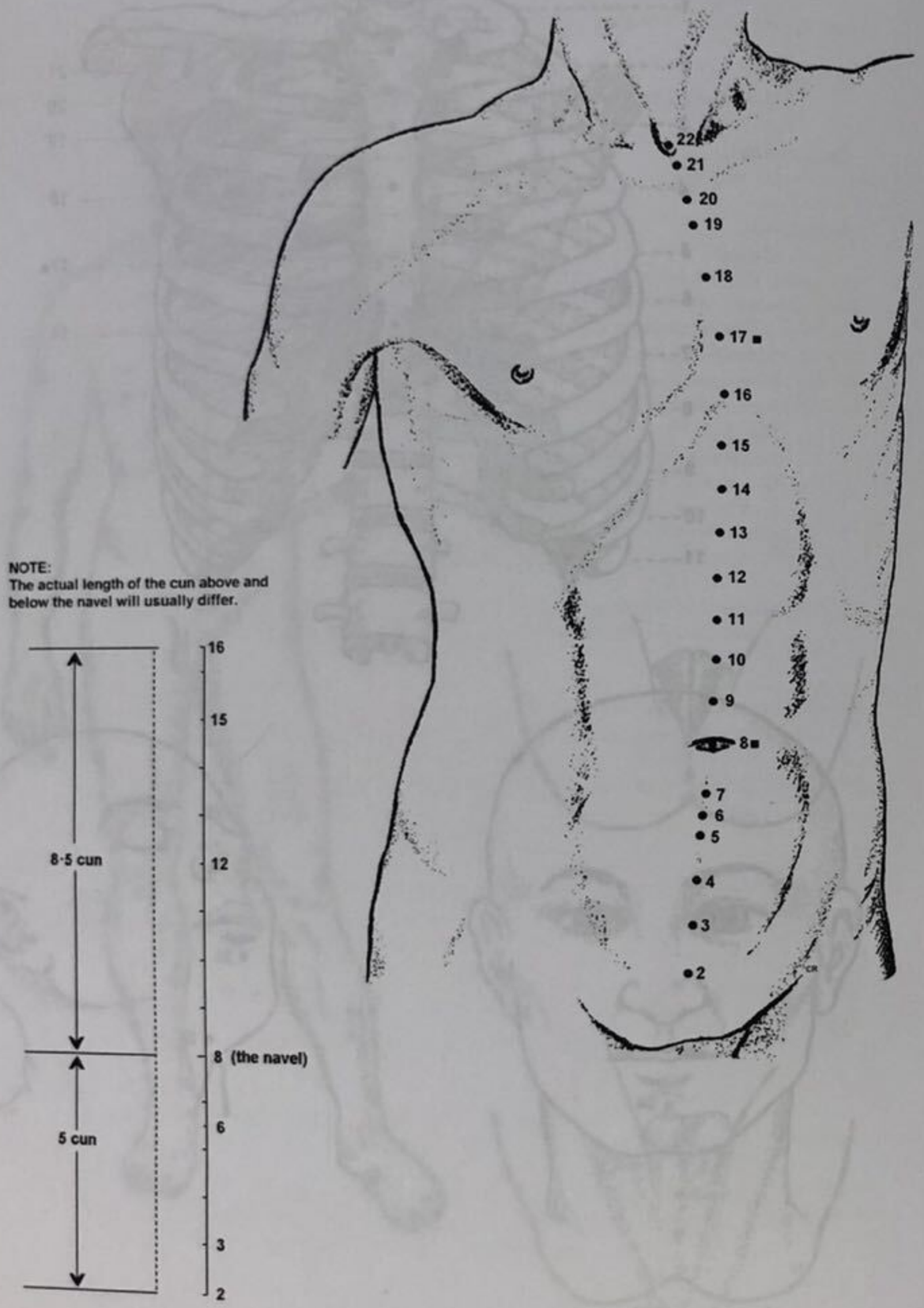

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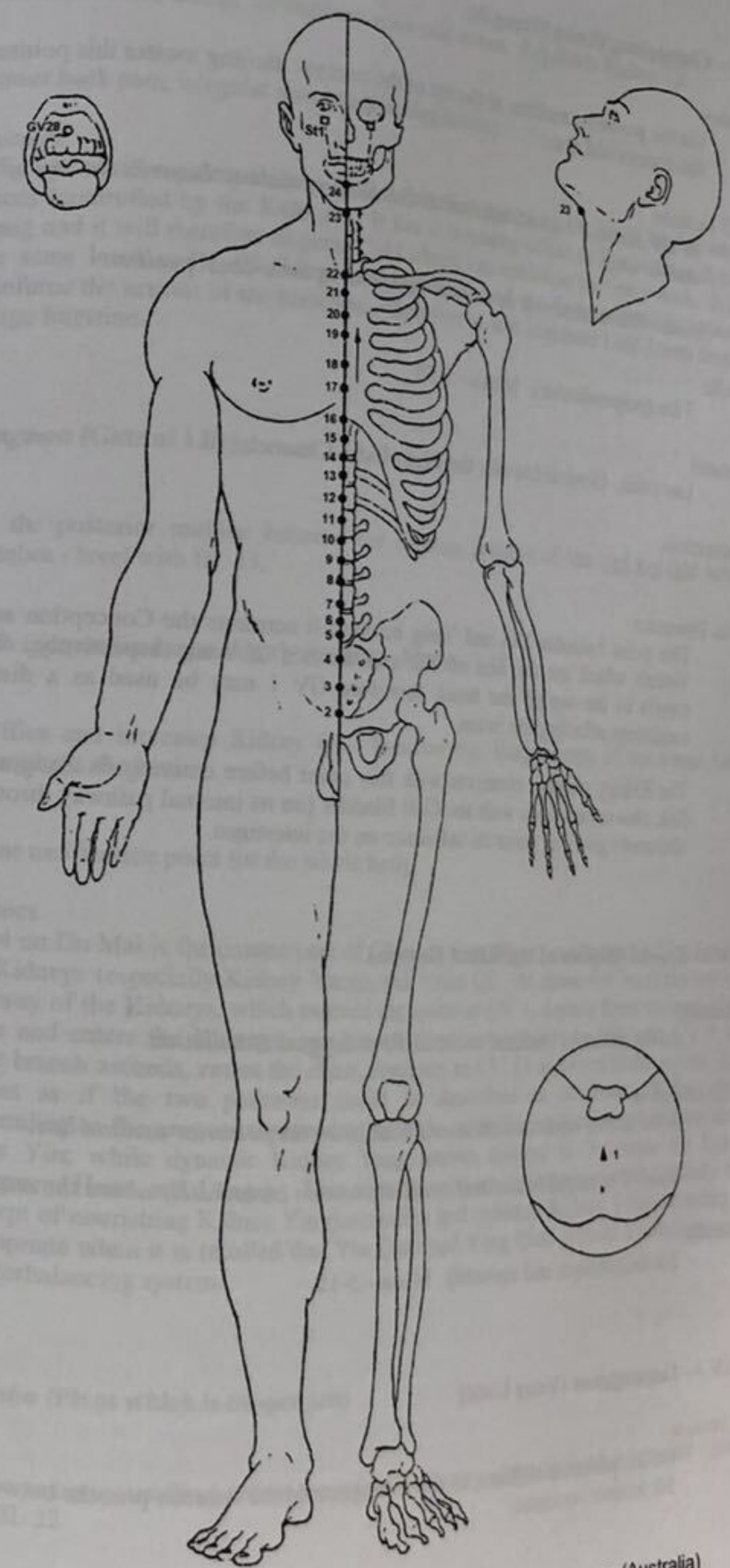

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GOVERNOR VESSEL CHANNEL: *DU MAI*

GV 1 - *Changqiang* (Long Strength)

Location
On the posterior midline at the tip of the coccyx. Beijing locates this point as between the coccyx and anus.

WHO location
In the perineal region, inferior to the coccyx, midway between the tip of the coccyx and the anus.

Note: The subject may be in prone position or knee-chest position.

Needle
3 fen (perpendicular). Moxa - 5-10

Features
Luo point. General Luo for the Eight Extra Channels.

Connections
GB and KI.

Point Dynamics
This point balances Yin and Yang because it connects the Conception and Governor Vessels which are the Sea of Yin and the Sea of Yang respectively. The pathway travels to the top of the head, therefore GV 1 may be used as a distal point for conditions affecting the brain.

The Kidney channel connects with this point before entering its Zang and Fu. This link, plus connections with the Gall Bladder (on its internal pathway through the lower abdomen) give this point its influence on the intestines.

GV 2 - *Yaoshu* (Hollow of the Renal Region)

Location
On the posterior midline, at the sacro-coccygeal articulation.

WHO location
In the sacral region, at the sacral hiatus, on the posterior median line.

Note: The sacral hiatus is a small depression immediately above the anal cleft.

Needle
3-8 fen (oblique and upward). Moxa - 5-15

GV 3 - *Yaoyangguan* (Yang Gate)

Location
On the posterior midline, in the interspace of the spinous process between the 4th and 5th lumbar vertebrae.

Needle
3-8 fen (perpendicular). Moxa - 5-15

Features
Eliminates Cold-Damp. Strengthens waist and knees. Regulates Kidney Qi.

Indications
Lower back pain, irregular menstruation, impotence.

Point Dynamics
This point will regulate Kidney Qi and therefore it acts on the lower lumbar and the knees (controlled by the Kidneys). It has a warming effect as it circulates dynamic Yang and it will therefore disperse Cold which has settled in the lower back. It is on the same level as BL 25 (Large Intestine Shu) and the Governor points appear to reinforce the actions of the back Shu - therefore it will eliminate Cold-Damp from the Large Intestine.

GV 4 - *Mingmen* (Gate of Life)

Location
On the posterior midline between the spinous process of the 2nd and 3rd lumbar vertebra - level with BL 23.

Needle
3 fen (perpendicular or slightly upward). Moxa - 7-15

Features
Tonifies and increases Kidney Qi. Tonifies the Yang energy of the whole body. Strengthens the back.

Indications
Major tonification point for the whole body.

Point Dynamics
GV 4 on Du Mai is the counterpart of CV 6 on Ren Mai. Level with BL 23 it tonifies the Kidneys (especially Kidney Yang) and Yuan Qi. At about this level the internal pathway of the Kidneys, which entered the spine at GV 1, departs from the area of the spine and enters the Kidneys, one branch then travels down to link with CV 4, the other branch ascends, enters the chest, connects to CV 17 and rises to the mouth. It is almost as if the two pathways could be described as nourishing Kidney Yin, descending to the urogenital/reproductive links with Conception Vessel and the three lower Yin; while dynamic Kidney Yang moves upward to invigorate the Upper Energizer (Heart and Lungs). This view may seem too simplistic but certainly the concept of nourishing Kidney Yin descending and dynamic Kidney Yang ascending is appropriate when it is recalled that Yin Qiao and Yang Qiao provide a stabilizing and counterbalancing system.

GV 5 - *Xuanshu* (Pivot which is Suspended)

Location
On the posterior midline, below the spinous process of the 1st lumbar vertebra - level with BL 22.

Needle
3 fen (slightly upward). Moxa - 7-15

GV 6 - *Jizhong* (Central Dorsal Spine)

Location
On the posterior midline, below the spinous process of the 11th thoracic vertebra - level with BL 20.

Needle
3 fen (oblique upward). Moxa - FORBIDDEN

GV 7 - *Zhongshu* (Central Pivot)

Location
On the posterior midline, below the spinous process of the 10th thoracic vertebra - level with BL 19.

Needle
FORBIDDEN. Moxa - FORBIDDEN

GV 8 - *Jinsuo* (Retracted Muscles)

Location
On the posterior midline, below the spinous process of the 9th thoracic vertebra - level with BL 18.

Needle
4 fen (oblique - upward). Moxa - 3

GV 9 - *Zhiyang* (Arrival of Yang)

Location
On the posterior midline, below the spinous process of the 7th thoracic vertebra - level with BL 17 and the inferior angle of the scapula.

Needle
5 fen (oblique - upward). Moxa - 7

Features
Eases the Liver and Gall Bladder. Dispels fullness from chest and abdomen. Regulates Qi and eliminates Damp.

Indications
Jaundice.

Point Dynamics
GV 9 is level with BL 17 and superior to BL 18, BL 19 and BL 20. Its activation seems to influence all the organs connecting with these points in the Upper and Middle Energizers. By regulating the function of Qi, it eliminates Damp-Heat where required and eliminates Cold in the Lungs, Stomach and muscles of the back and ribs. It has a harmonizing influence on the surrounding organs and tissues.

GV 10 - *Lingtai* (Temple of Soul)

Location
On the posterior midline, below the spinous process of the 6th thoracic vertebra - level with BL 16.

Needle
FORBIDDEN (Wu Wei Ping only), 5 fen (oblique upward). Moxa - 3-7

Point dynamics
GV 10 is on the same level as BL 16 and it clears Heat or Cold in the area of the diaphragm - therefore it eliminates Heat or Cold conditions in Tai Yin.

GV 11 - *Shendao* (Divine Path)

Location
On the posterior midline, below the spinous process of the 5th thoracic vertebra - level with BL 15.

Needle
FORBIDDEN. Moxa - 3

GV 12 - *Shenzhu* (Divine Column)

Location
On the posterior midline, below the spinous process of the 3rd thoracic vertebra - level with BL 13.

Needle
4 fen (oblique upward). Moxa - 5-30

Connections
Internal branch to BL 12.

Point Dynamics
Level with BL 13 - the Shu of the Lungs; therefore it clears Heat in the Upper Energizer and strengthens the Qi of the chest. It acts to soothe the Mind. The branch of Governor Vessel which travels to BL 12 (Wind Door) provides the circulation of Kidney Yang to disperse Wind from the Bladder channel.

GV 13 - *Taodao* (Hollow of the Path)

Location
On the posterior midline, below the spinous process of the 1st thoracic vertebra - level with BL 11.

Needle
4 fen (oblique - upward). Moxa - 5

Connections
Reunion of internal branch from BL 12.

Indications
Fever and malaria.

Point Dynamics
GV 13 relieves exterior conditions (which enter through BL 12 - Wind Gate). Because it can disperse external Heat and Cold causing fever, it is also said to calm the Spirit - its name may also be translated as 'Way of Happiness'.

This point is level with BL 11 and it will, therefore, benefit the bones.

GV 14 - *Dazhui* (Grand Hammer)

Location
On the posterior midline, between the 7th cervical vertebra and the spinous process of the 1st thoracic vertebra. To locate ask patient to bend the head forward - the 7th cervical vertebra is the largest bone which protrudes at the base of the neck .

Needle
4 fen (perpendicular or upwards). Moxa - 5-15

Features
Regulates all the Yang channels. Relieves external symptoms. Eliminates Wind-cold. Clears the mind.

Connections
All Yang meridians.

Indications
Fever, malaria and headaches.

Point Dynamics
Because all the Yang channels unite at this point of Du Mai, GV 14 has a powerful Yang action on the head, neck and shoulders. The dynamic action of Yang will clear blockages and (the defensive aspect - Yang protects Yin) it will disperse external evils; Heat, Cold, Wind and Damp attacking the head and shoulders - in part, by the regulation of sweating.

It is because of the ability of the point to clear blockages, especially in the Yang channels with which it connects, that GV 14 will reunite Heaven (the head - the Mind - the Spirit) and Earth (the physical body). This is why the point may be said to be on the border between Yin and Yang; the physical and the spiritual; matter and energy.

GV 15 - *Yamen* (Door of Mutism)

Location
On the posterior midline at the nape of the neck. The point is 5 fen above the hairline, between the 1st and 2nd cervical vertebrae.

Alternative location - Wu Wei Ping: Slightly lower at 3 cun superior to GV 14.

WHO location
In the posterior region of the neck, in the depression superior to the spinous process of the second cervical vertebra (C2), on the posterior median line.

Note: After locating GV16, GV15 is located 0.5 cun inferior to GV16.

Needle
3 fen (deeper insertion is traditionally FORBIDDEN, but has been used in the treatment of deaf-mutism in modern China). The needle should be angled toward the mandible and manipulation is not advisable. Moxa - FORBIDDEN

Features
Window of the Sky point.

Connections
Yang Wei Mai.

Point Dynamics
As a Window of the Sky Point (which clears energy between the head and body) and a point of Yang Wei Mai (Protector of Yang), GV 15 unites the dynamic Yang action of Du Mai with that of Yang Wei and carries this active Qi into the brain where it will clear obstructions.

GV 16 - *Fengfu* (Wind Palace)

Location
On the posterior midline, directly below the occipital protuberance and 1 cun above the hairline.

Needle
3 fen (perpendicular). Moxa - FORBIDDEN

Features
Sea of Bone Marrow with GV 20. Eliminates Wind and clears the mind.

Connections
Yang Wei Mai.

Point Dynamics
As part of the Sea of Bone Marrow (the brain) this point has a direct action on the physical brain. Its connection with Yang Wei provides protective Yang which is carried into the brain via the connection with BL 9 (the Bladder channel is said to have pathways which enter the brain) and activated by the dynamic Yang of Du Mai.

GV 17 - *Naohu* (Door of the Brain)

Location
1.5 cun superior to GV 16, superior to the occipital protuberance on the posterior midline of the head.

Needle
FORBIDDEN. Moxa - FORBIDDEN (massage only).

Connections
BL.

GV 18 - *Qiangjian* (Strength in Between)

Location
1.5 cun superior to GV 17, halfway between GV 16 and GV 20 on the posterior midline of the head.

Needle
2 fen (oblique). Moxa FORBIDDEN

GV 19 - *Houding* (Posterior Summit)

Location
1.5 cun superior to GV 18 on the posterior midline of the head.

Needle
3 fen (oblique). Moxa - 5

GV 20 - *Baihui* (One Hundred Meetings)

Location
7 cun superior to the posterior hairline and 5 cun posterior to the anterior hairline on the midline of the head and halfway on a line connecting the apex of both ears.

Needle
3 fen (horizontally - posterior). Moxa - 7

Features
Sea of Bone Marrow with GV 16. Revival point. Calms the mind. Eases the Liver. Eliminates Wind. Point to recapture Yang after Wind-stroke. Strengthens ascending function of the Spleen.

Connections
BL, LR and TH Divergent meridians.

Indications
Prolapse of the Uterus (with CV 6 and ST 36). Prolapse of the rectum (with GV 1 and BL 57). Shock (with PC 6 and GV 26).

Point Dynamics
The name of this point explains something of its function - it is said to be where all the Jing Luo meet. These are not direct 'meetings' but certainly the energy of the whole system flows up to and through this point. After GV 14 and its link with all the Yang channels (all of which transmit the Yin Qi of their partners to the head), Du Mai flows upward to connect at GV 20 with the Bladder (which, in turn connects to all the Zang and Fu through the its Shu points). In this way ascending Yang is stabilized - passing upward through the Du Mai, it is returned to the Zhen Qi cycle through the Bladder, which carries it downward to protect the Shu points along its pathway. The harmonizing of Yang in the head will clear the mind.

Liver Wind is dispersed by the dynamic Yang which is available at GV 20 and the Liver Yang (or Fire which rises) is dispersed through the direct Liver channel connection with the point.

GV 20 reinforces the ascending Qi of the whole system, therefore it is a revival point which can 'capture Yang' (it is the most Yang point of the Jing Luo) and restore Yang activity to the head by drawing on the reserves of the body.

GV 21 - *Qianding* (Anterior Summit)

Location
1.5 cun anterior to GV 20 on the midline of the head.

Needle
2 fen (oblique). Moxa - 3-7

GV 22 - *Xinhui* (Brain House)

Location
3 cun anterior to GV 20 on the midline of the head.

Needle
1 fen (oblique). Moxa - 3. FORBIDDEN to Moxa or needle in children under 7.

GV 23 - *Shangxing* (Superior Star)

Location
1 cun superior to the anterior hairline on the midline of the head and 4 cun anterior to GV 20.

Needle
2 fen (oblique). Moxa - 5

Features
Eliminates Wind-Heat and removes nasal obstructions.

Indications
Sinusitis, headache.

Point Dynamics
This point eliminates Wind-Heat which may have been carried along the Du Mai and which has not been dispersed at the Bladder points of the upper back or at GV 14. It will act to protect the face from Wind (because the channel connects with Bladder and Stomach at the next point on its path - GV 24), especially Wind-Heat and will therefore clear the nasal passages.

GV 24 - *Shenting* (Temple of God)

Location
5 fen superior to the anterior hairline on the midline of the head.

Needle
FORBIDDEN. Moxa - 5

Connections
BL and ST.

GV 25 - *Suliao* (Comrade of the Wind)

Location
At the tip of the nose.

Alternative location - Wu Wei Ping: 'at the extreme edge of the cartilage above the tip'.

Needle
1-2 fen (perpendicular). Moxa - FORBIDDEN

Point Dynamics
GV 25 will raise the Yang and restore Qi because it draws energy through the course of the channel, especially in the area of the crown of the head. It is used in shock and low Blood pressure, being more accessible than GV 20, and it will clear the senses.

GV 26 - *Renzhong* (Water Drain)

Location
On the midline of the upper lip at the junction of the upper 1/3 and lower 2/3 of the philtrum.

Needle
2 fen (oblique - upward). Moxa - 3

Features
Revival point. Calms the mind and eliminates Wind. Relaxes the whole body.

Connections
LI and ST.

Indications
Acute pain in the centre of the spine. Fainting and general revival point (may be used with pricking the tips of the fingers).

Point Dynamics
Acts along the whole path of Du Mai and therefore it can summon dynamic Yang to the head (revival point), clear the head of obstructions (calm the mind) and relax the whole body (acute lower back sprain - distal point which will clear blockages along the whole channel). It will clear Heat in the head and therefore disperse fluids (facial oedema) which have gathered.

GV 27 - *Duiduan* (Beginning of the Western Mountain)

Location
At the junction of the philtrum and the upper lip on the midline of the face.

Needle
2 fen (oblique). Moxa - 2.

GV 28 - *Yinjiao* (Gum Crossing)

Location
Between the upper lip and the upper gum in the frenulum.

Alternative location - Wu Wei Ping: Just inferior to the insertion of the frenulum into the upper gum.

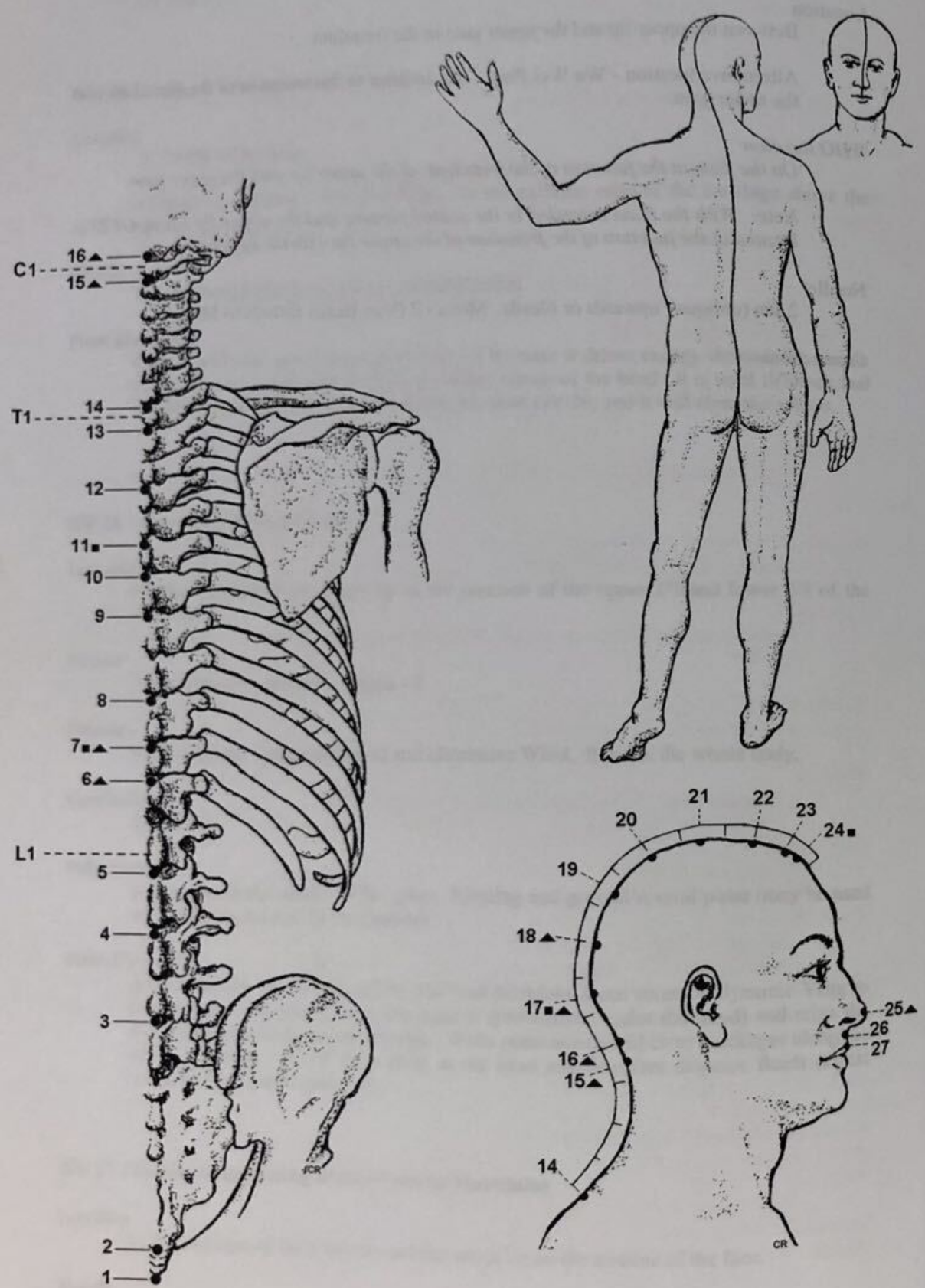
WHO location
On the face, at the junction of the frenulum, of the upper lip with the upper gum.

Note: With the head extended in the seated posture and the upper lip lifted, GV28 is located at the junction of the frenulum of the upper lip with the upper gum.

Needle
2 fen (oblique - upwards or bleed). Moxa - 2 (Van Buren forbids to Moxa).

Connections
CV.

GOVERNOR VESSEL SURFACE CHANNEL



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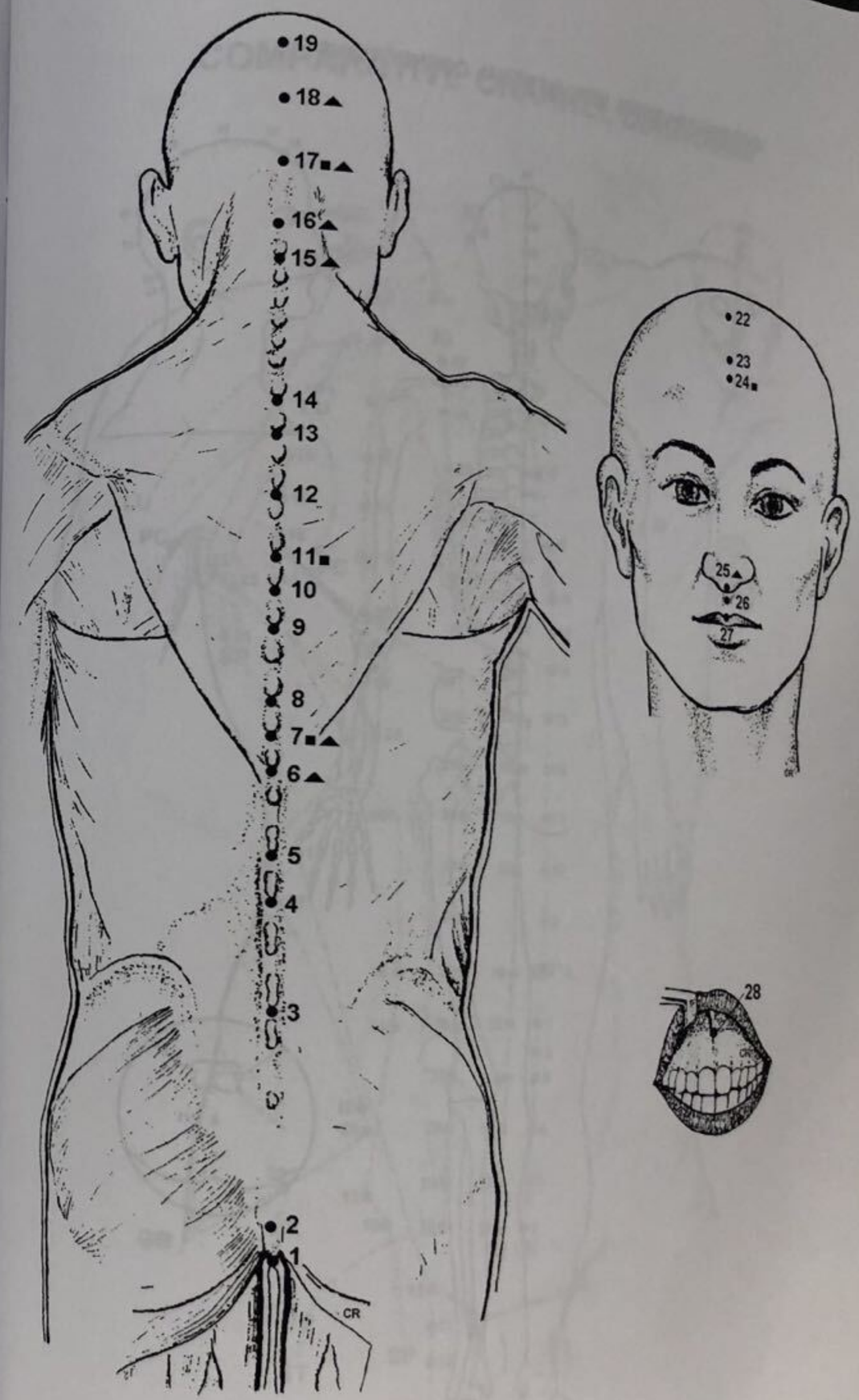

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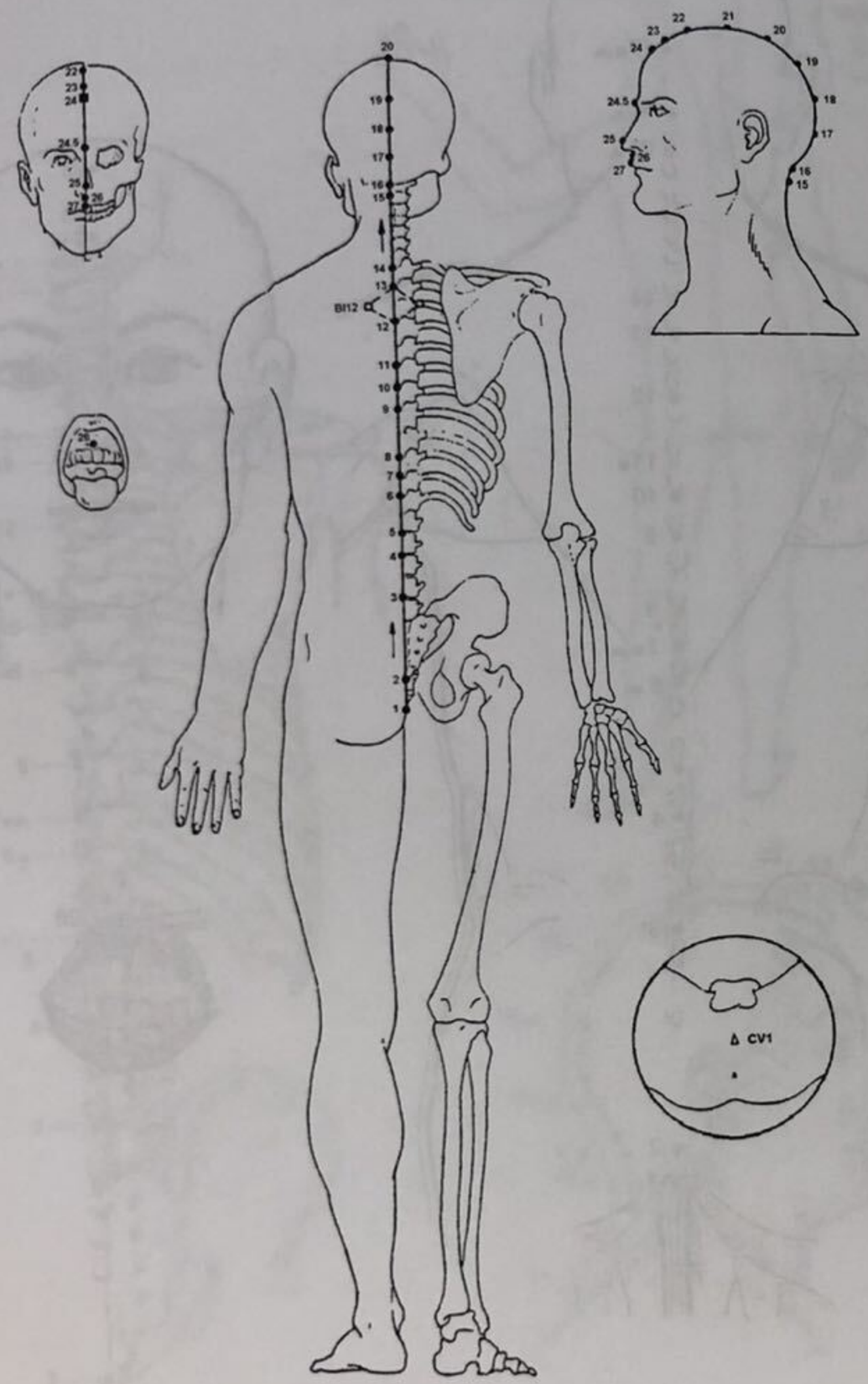
GOVERNOR VESSEL WITH INTERNAL CONNECTIONS



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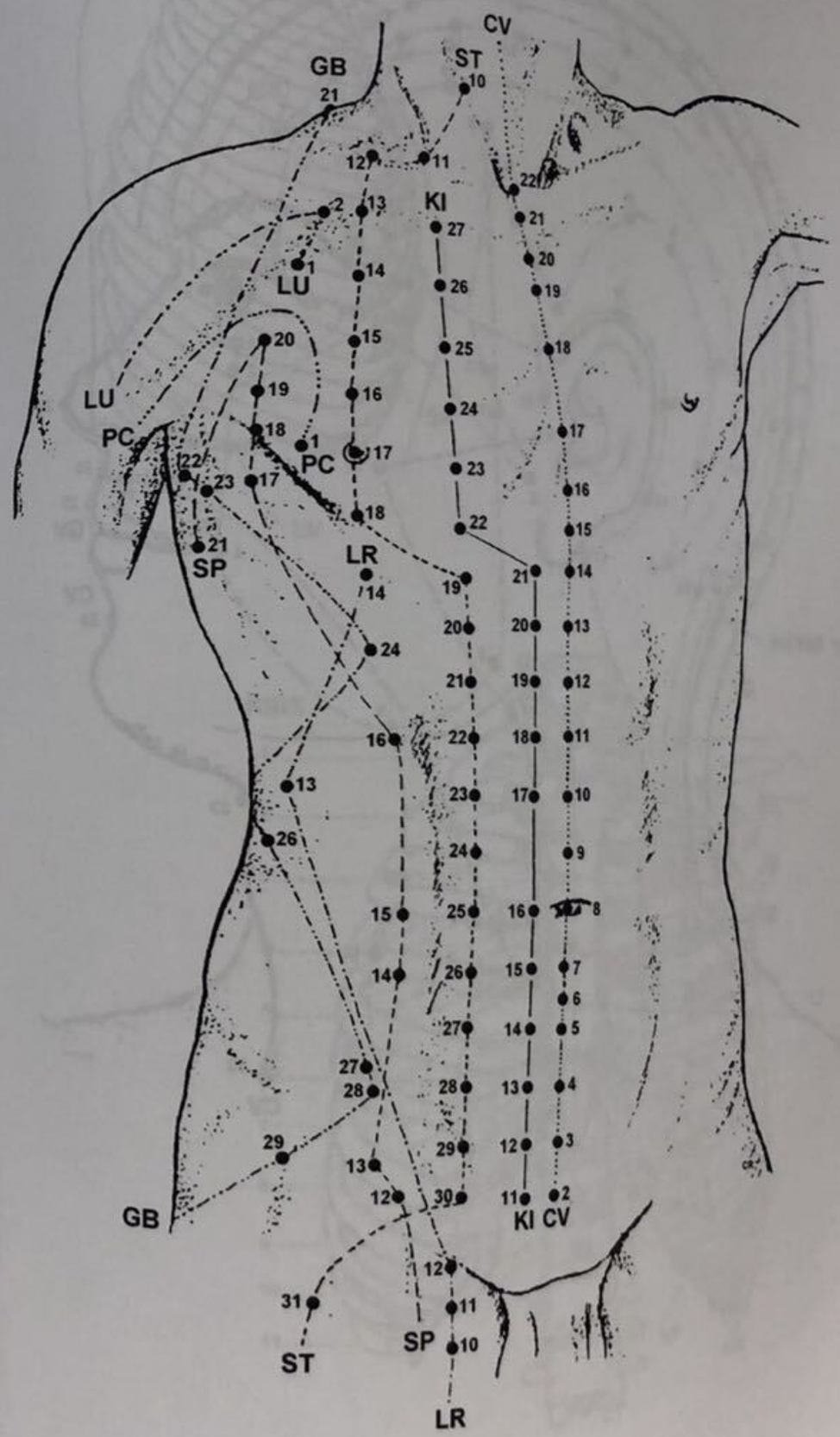
COMPARATIVE CHANNEL DIAGRAMS



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anterior hairline

posterior hairline

GV

TE

BL

SI

LI

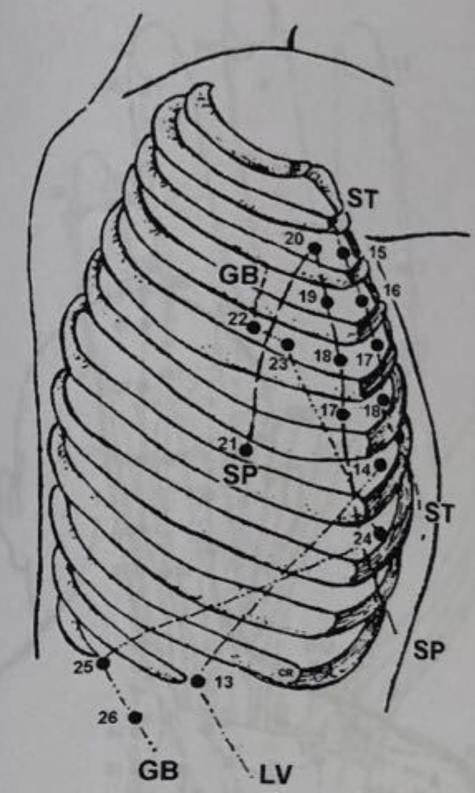
GB

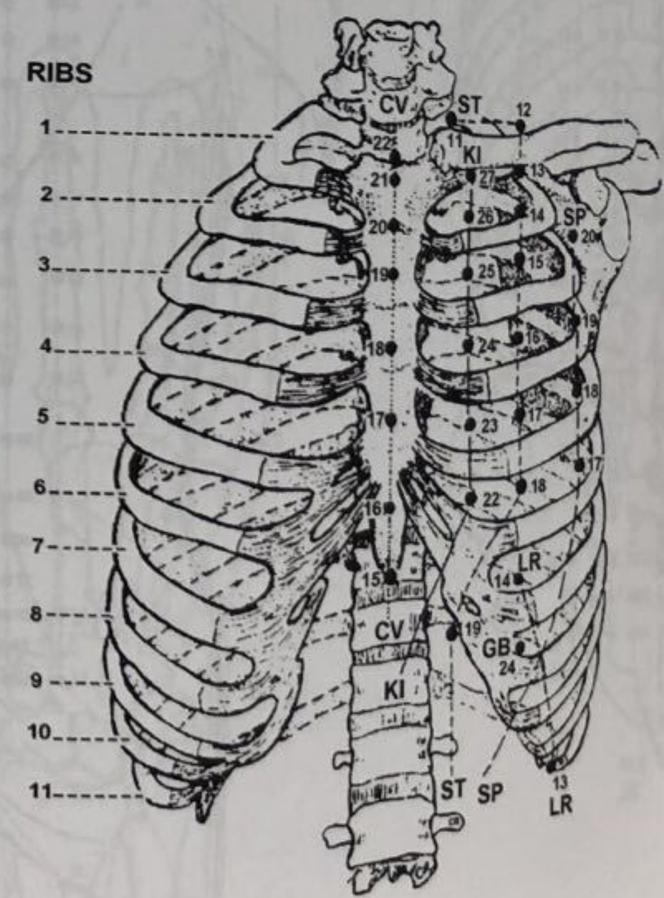
ST

CV

GV

CV





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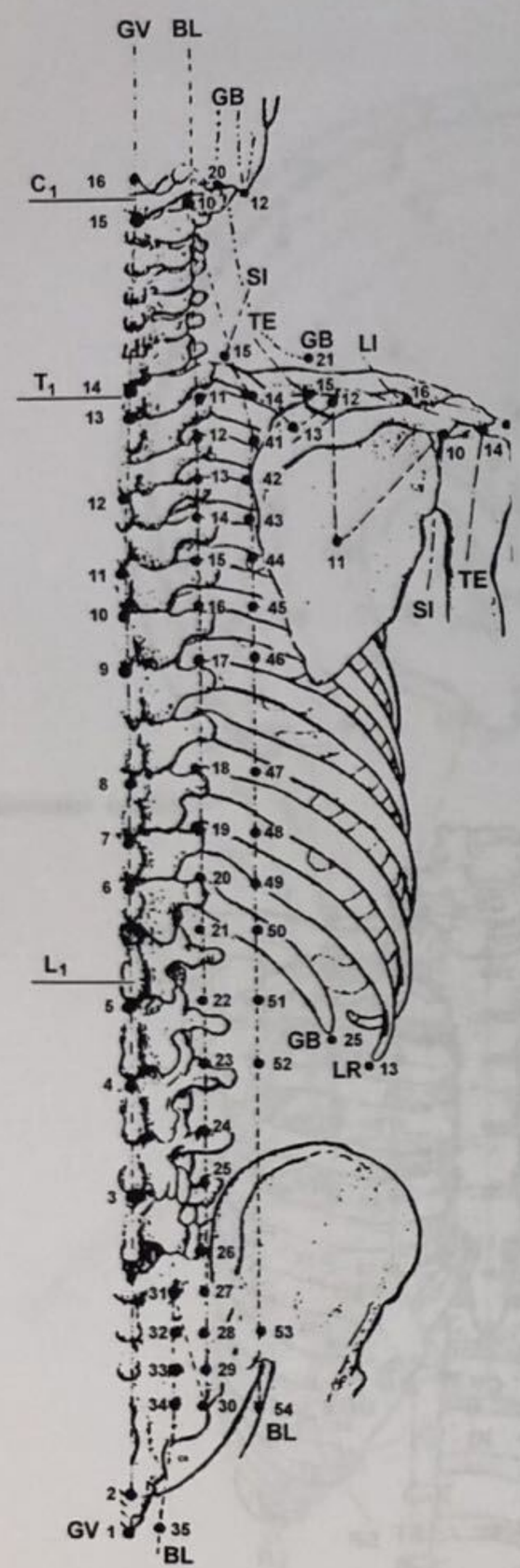

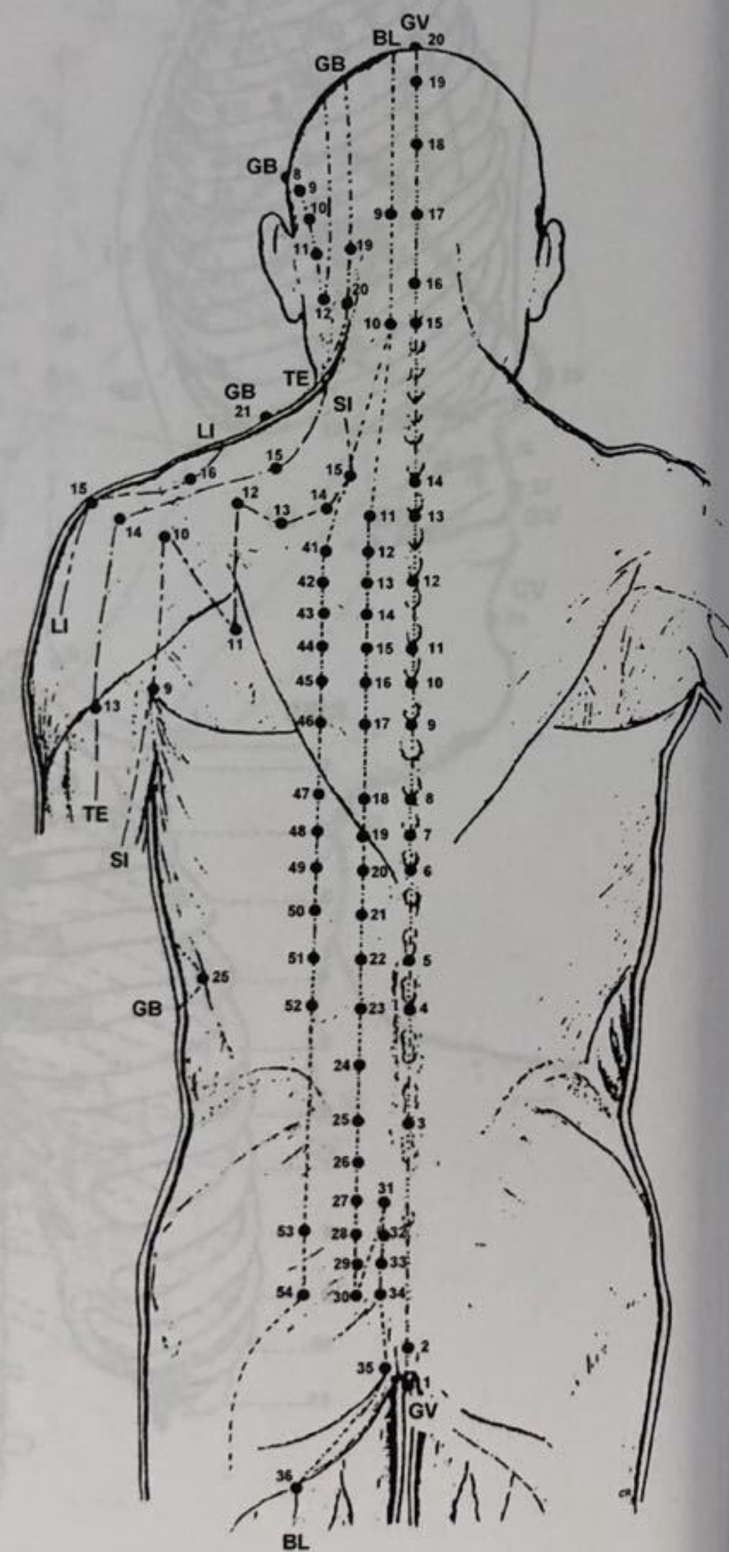

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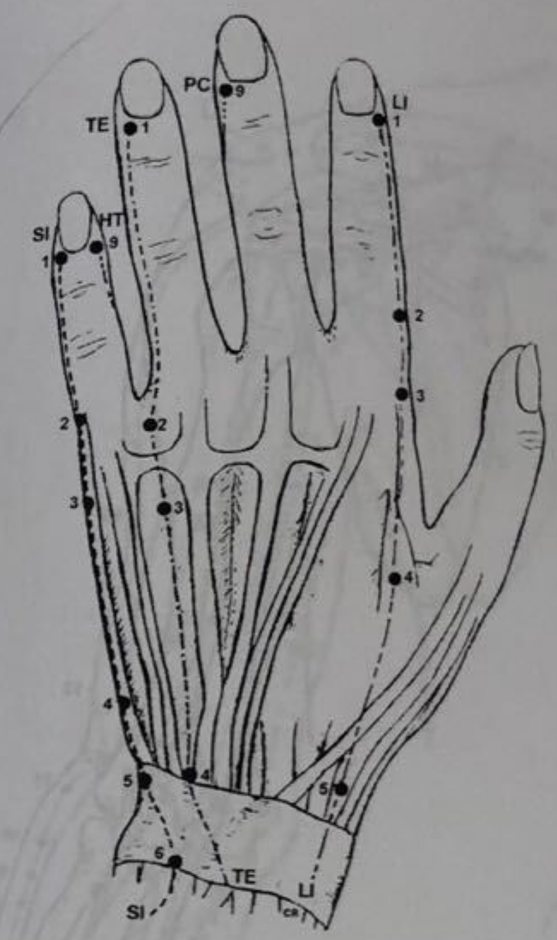

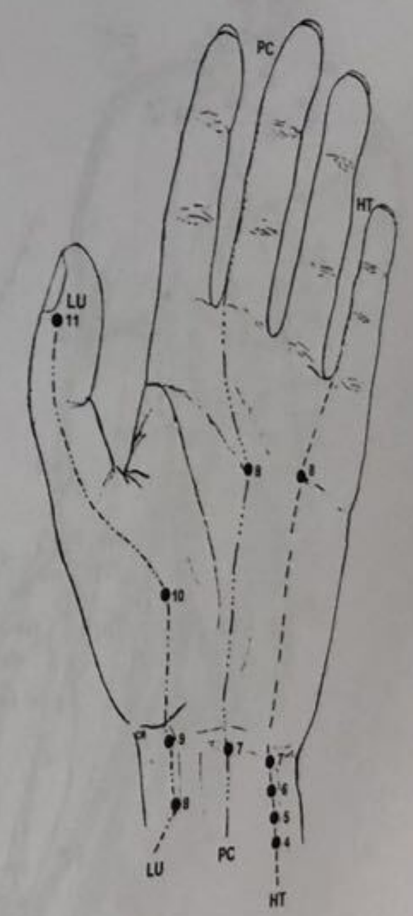

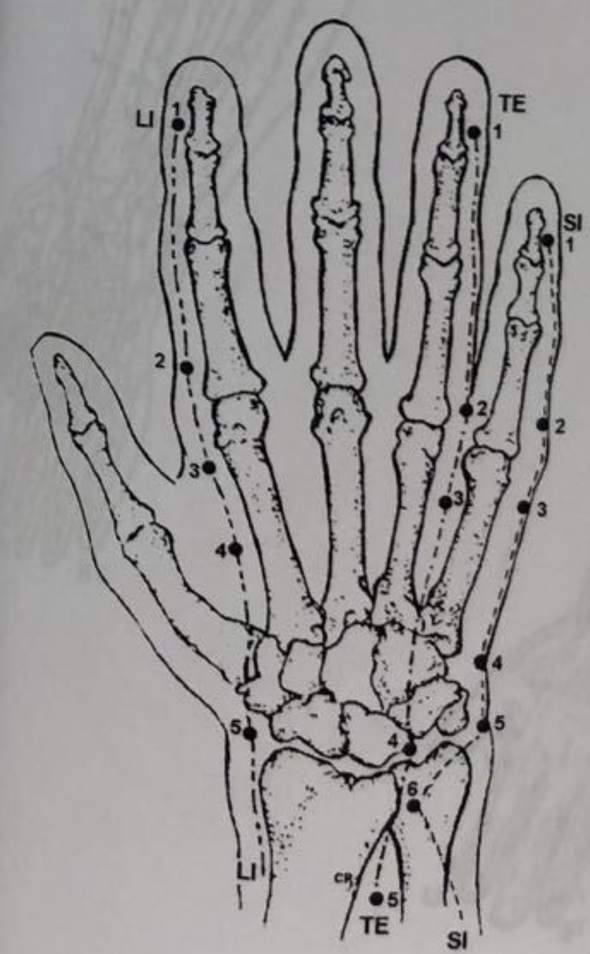

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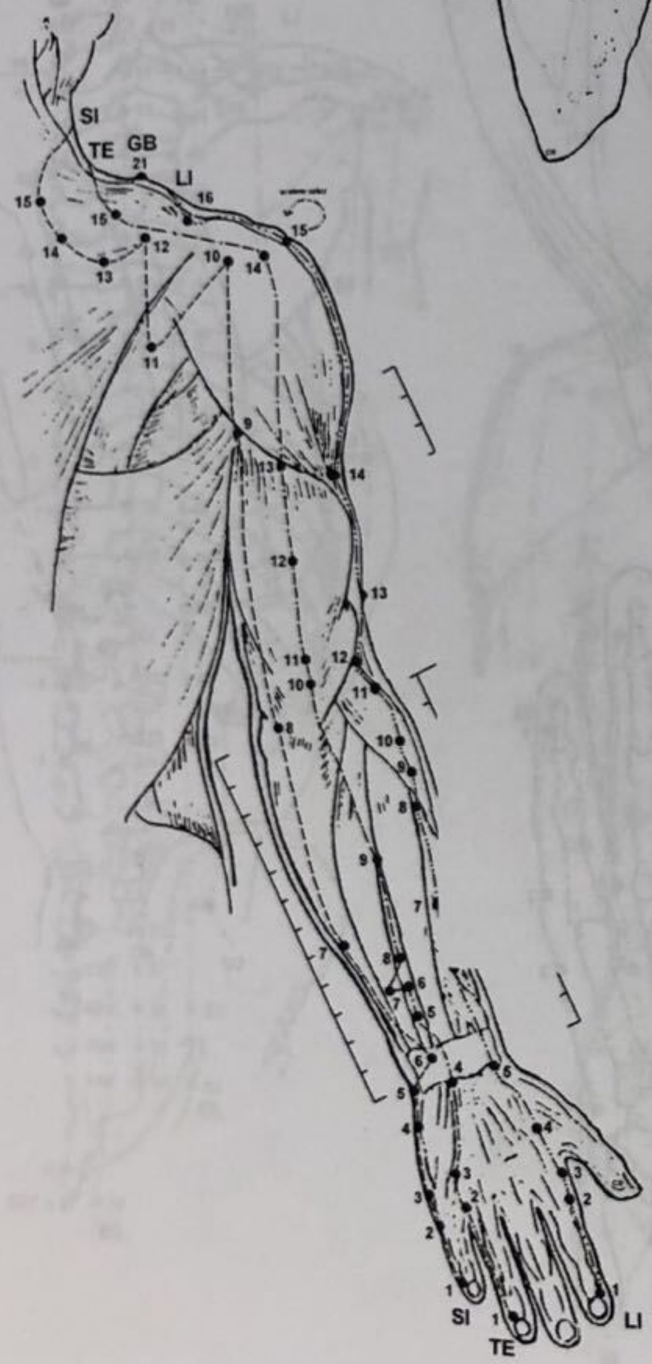
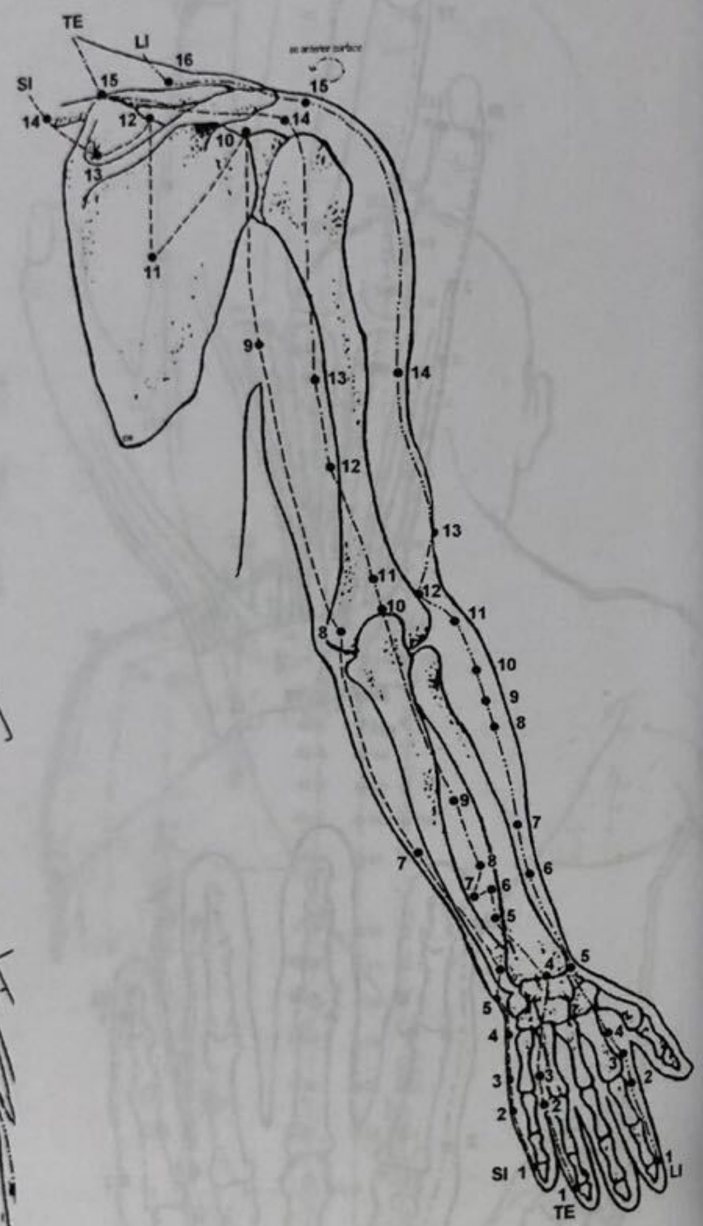
Posterior arm





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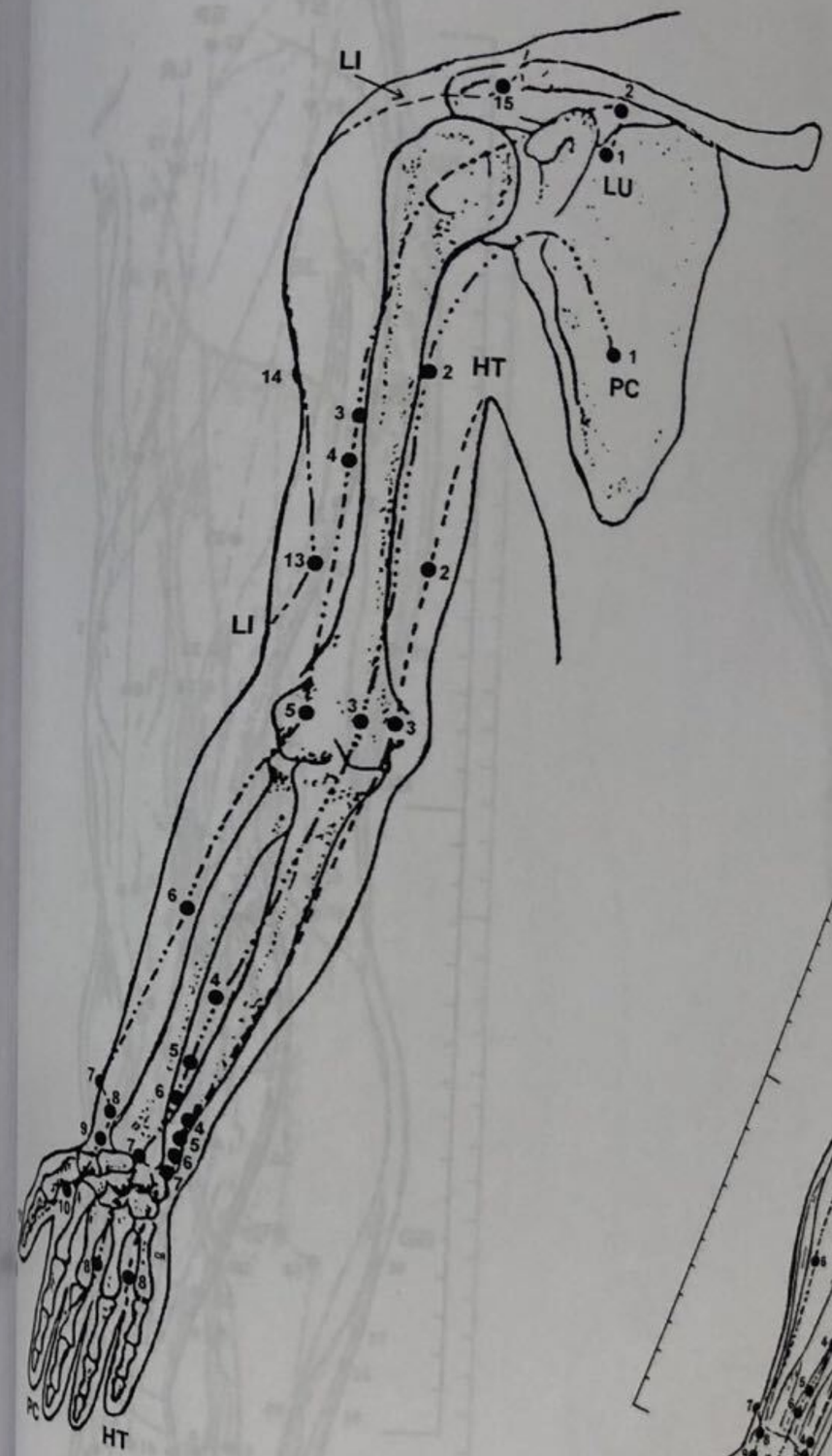
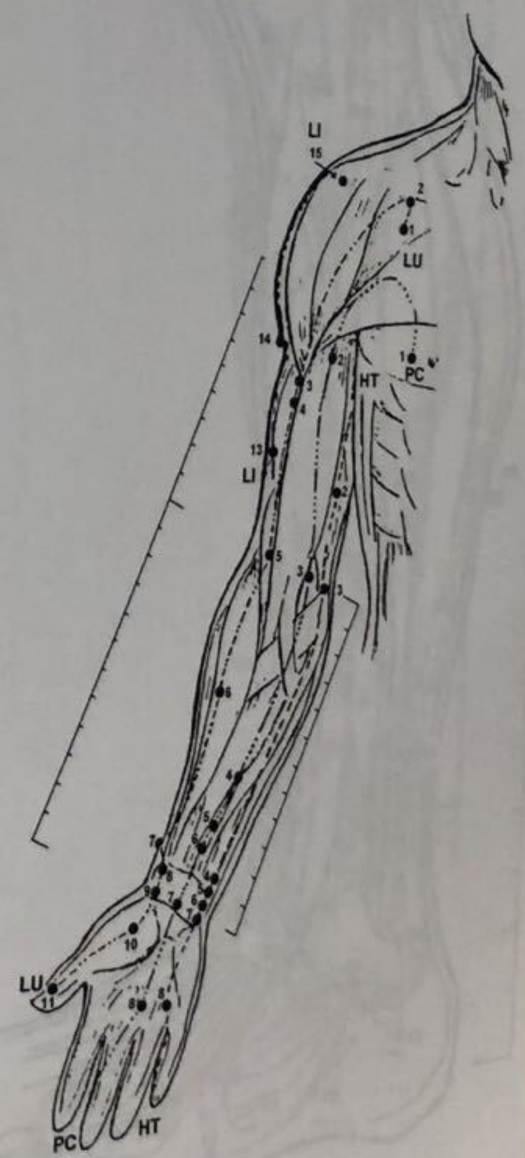
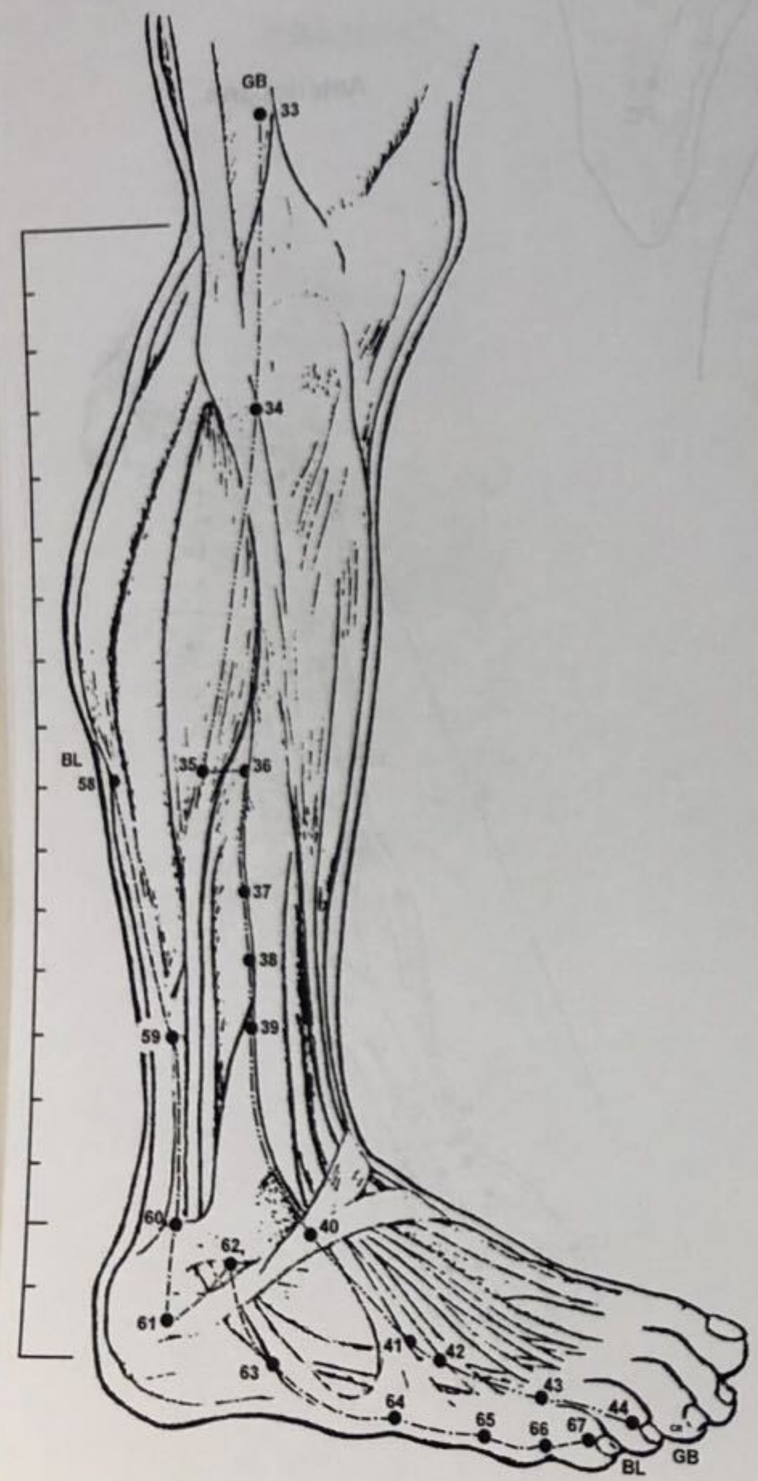
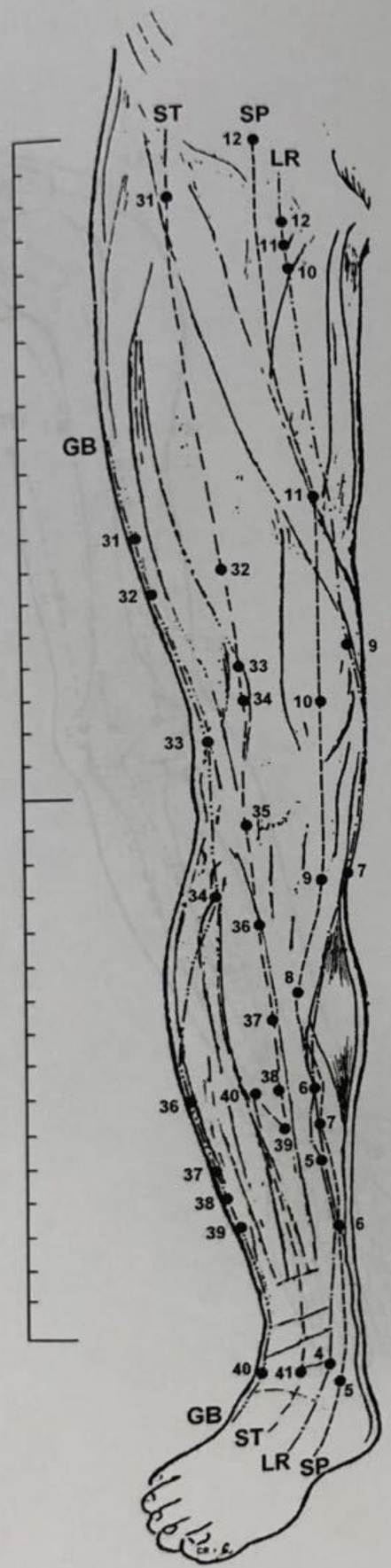
Anterior arm









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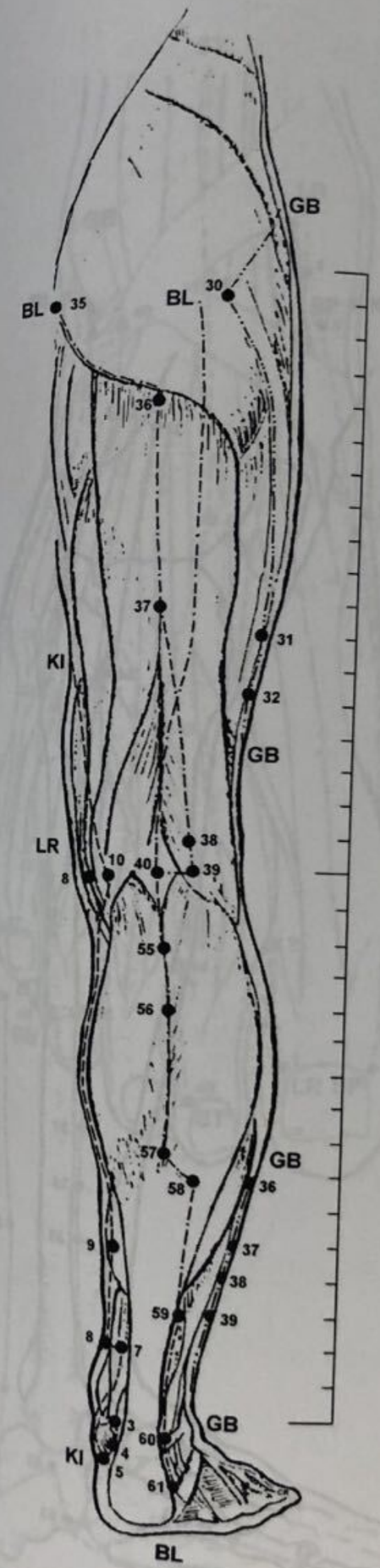

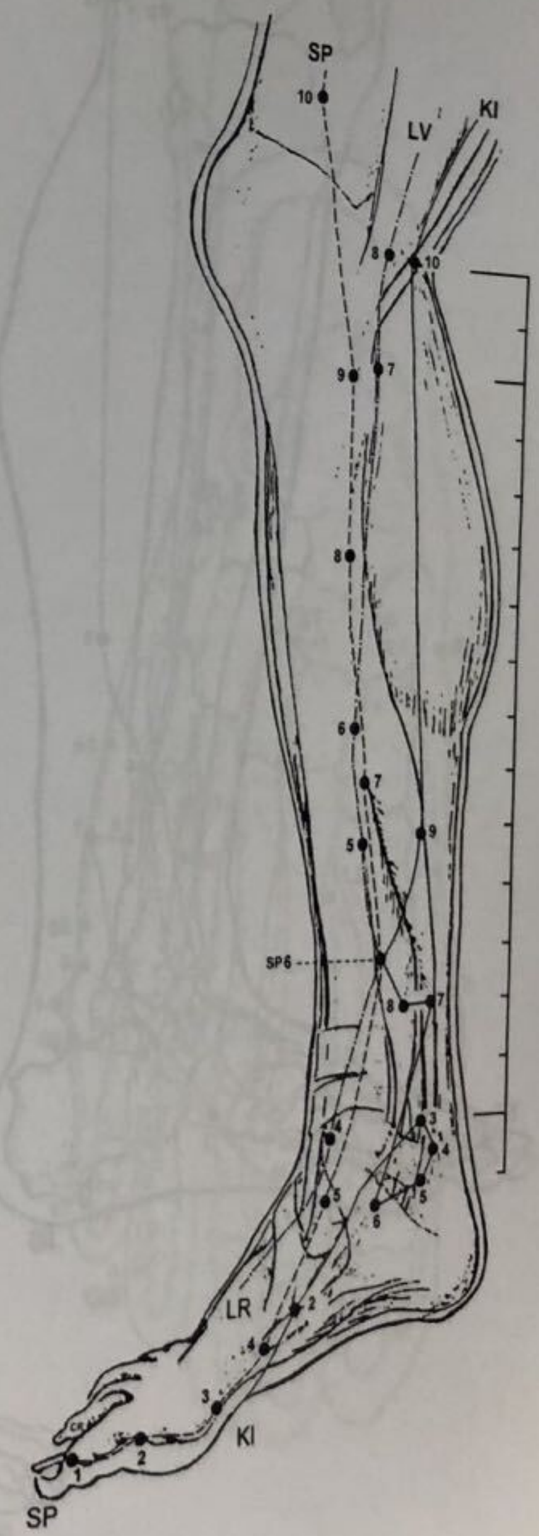

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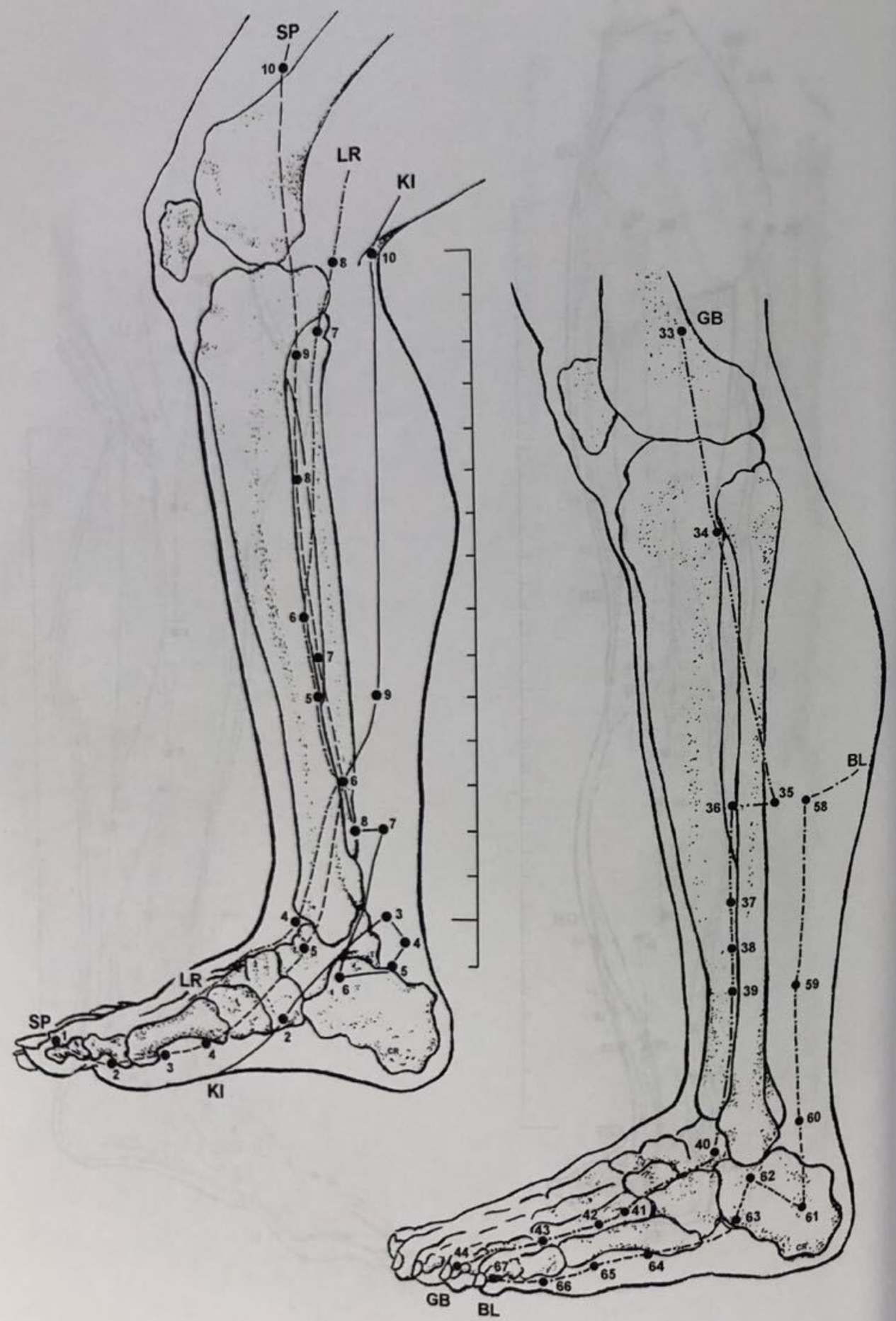

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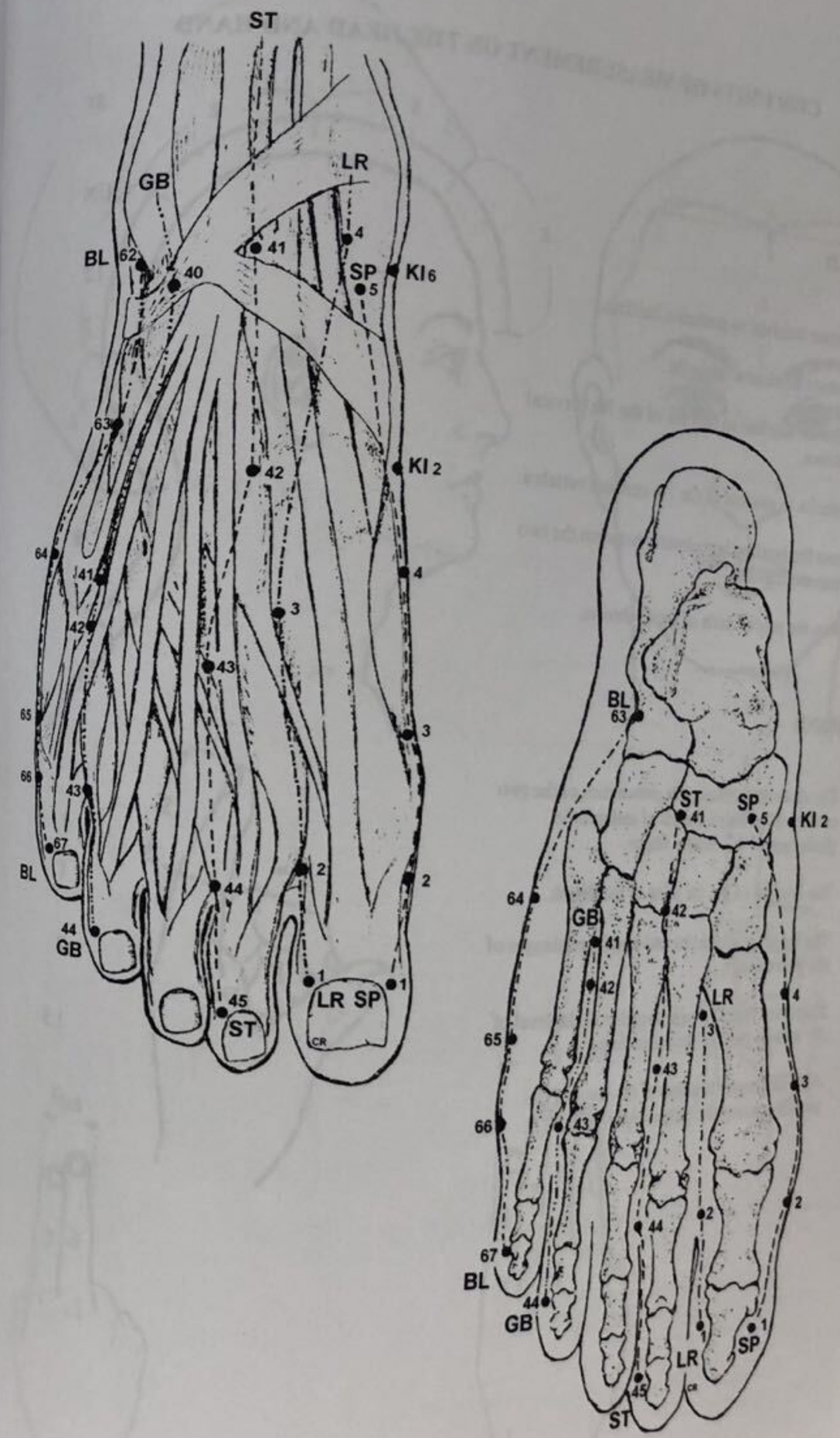

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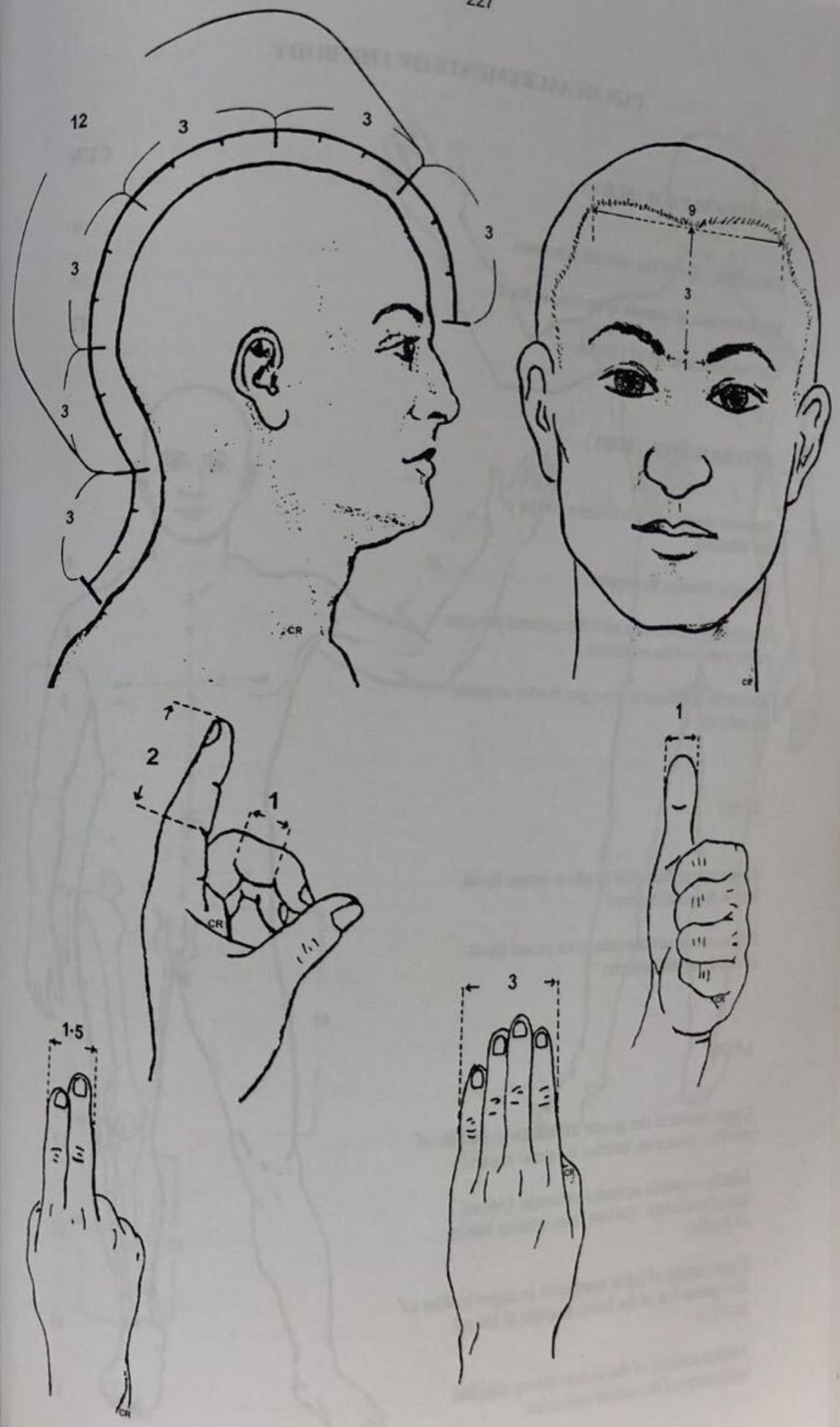
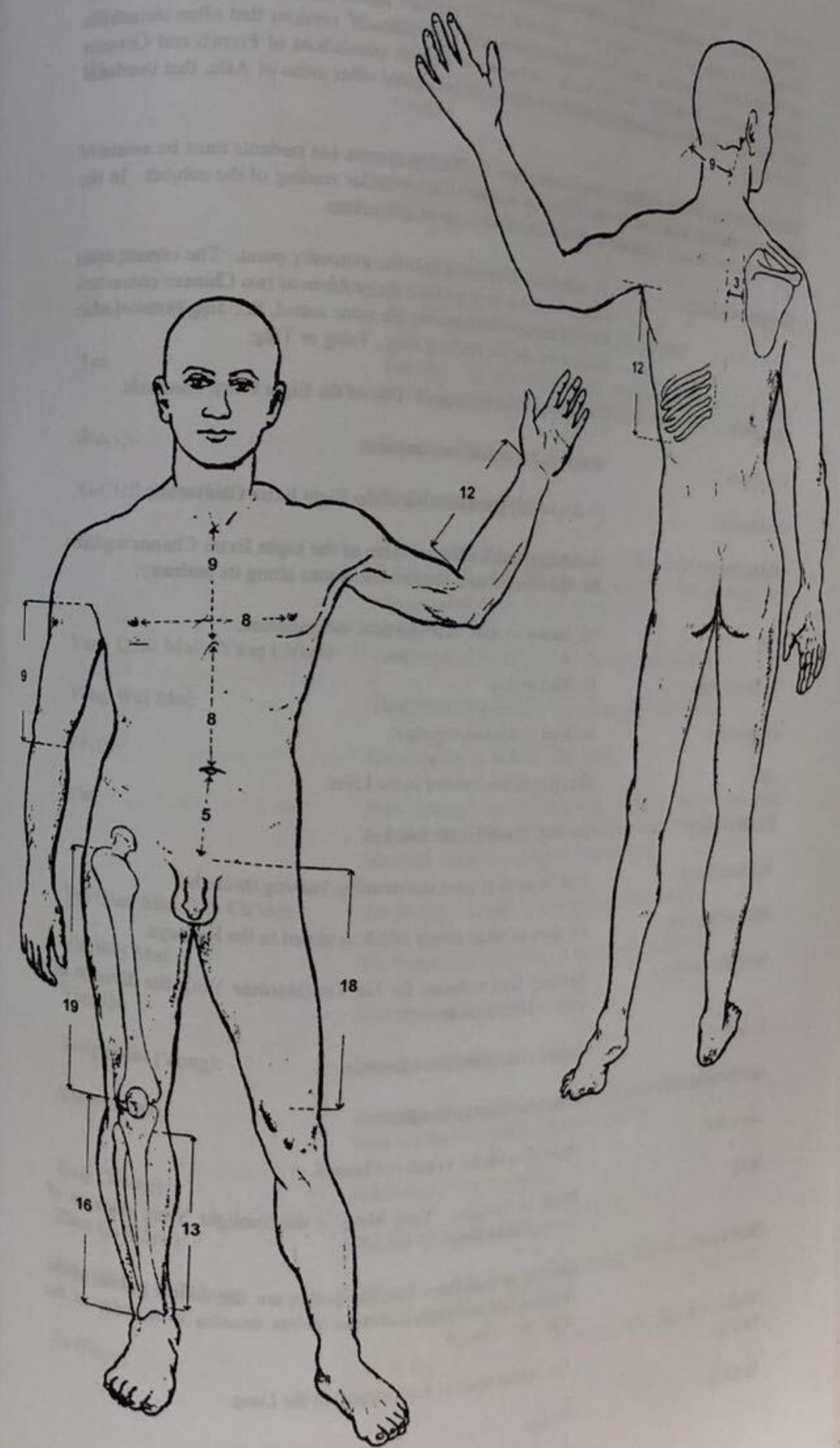
CUN UNITS OF MEASUREMENT ON THE HEAD AND HAND

	CUN
HEAD	
Anterior hairline to posterior hairline.	12
Anterior hairline to glabella.	3
Posterior hairline to process of the 7th cervical vertebra.	3
Glabella to process of the 7th cervical vertebra.	18
From the hairline horizontally between the two temporal regions.	9
From the medial ends of the eyebrows.	1
HAND	
The distance between the extremities of the two creases of joints of the distal and middle phalanges of the middle finger.	1
The breadth of the 1st joint of the thumb.	1
The length of the distal and middle phalanges of the index finger.	2
Index and middle finger together at the level of the middle joint of the index finger.	1.5
All four fingers together at the level of the middle joint of the index finger.	3



CUN MEASUREMENTS OF THE BODY

POSTERIOR VIEW (BODY)	CUN
Between the tips of the mastoid processes.	9
Medial border of scapula to midline of back.	3
Axillary crease to tip of 11th rib.	12
ANTERIOR VIEW (BODY)	
Superior sternal notch to inferior border of the sternum.	9
Distance between the nipples.	8
Junction of the sternum with the xyphoid process to the centre of the umbilicus.	8
Centre of umbilicus to the upper border of pubic symphysis.	5
ARMS	
Transverse axillary fold to elbow crease (both lateral & medial aspects)	9
Elbow crease to transverse wrist crease (both lateral & medial aspects)	12
LEGS	
Upper border of the greater trochanter to middle of patella - (posterior, anterior & lateral aspects).	19
Middle of patella to lateral extremity (tip) of lateral malleolus. (16 cun from inferior border of patella).	17
Upper border of pubic symphysis to upper border of the epicondyle of the femur (medial & lateral aspects).	18
Medial condyle of the tibia to the tip (medial extremity) of the medial malleolus.	13



GLOSSARY OF CHINESE TERMS

A major pitfall for western students who undertake the study of Acupuncture is Chinese Terminology. The matter is confused by there being two systems of rendering the Chinese sounds into English 'Pin Yin' and 'Wade-Giles', as well as one or two minor systems and 'do-it-yourself' versions that often stem from dialects other than Mandarin. Adding to the confusion are English translations of French and German texts that use different systems, plus texts that originate in Japan, and other areas of Asia, that use local terminology.

All texts for Acupuncture Colleges (Australia) employ the Pin Yin system, but students must be aware of alternative spellings for Chinese words if they are to undertake any wider reading of the subject. In the following list of common terms, the Wade-Giles spelling is given in brackets.

Cheng point (Ching):	'To complete'. Used to denote the extremity point. The correct term is Jing (Well) but here we have the problem of two Chinese characters for antique points both having the same sound, See Jing point. Other publications use the spelling Zing,, Tsing or Ting.
Chong Mai:	Penetrating (Vessel) Channel. One of the Eight Extra Channels.
Cun (Tsun):	an inch, an anatomical measurement.
Dai Mai (Tai):	Girdle (Vessel) Channel. One of the Eight Extra Channels.
Du Mai (Tu):	Governing (Vessel) Channel. One of the Eight Extra Channels. Like Ren Mai, it has its own acupuncture points along its pathway.
Fen:	One tenth of an inch, an anatomical measurement.
Fu: Hollow organ.	The Yang organs.
He point (Ho):	Sea point - 'gathering together'.
Hun:	The Spiritual Soul housed in the Liver.
Jeh (Zhi, Chih):	The Will. Housed in the Kidneys.
Jing Point (Ching):	Used for the river point and meaning 'passing through'.
Jing Qi (Ching Ch'i):	The spare meridian energy which is stored in the Kidneys.
Jue (Xue or Chueh):	'Extreme', used to denote the Jue Yin (absolute Yin), the division of Liver and Pericardium.
Ke (Ko):	Control cycle of the Five Elements.
Luo (Lo or Le):	Connecting point or meridian.
Mai or Mo:	Optional words for Vessel or Channel.
Ming:	Bright or Sunlight. Yang Ming is the Sunlight Yang division of Stomach and Colon.
Mu:	Meaning to mobilise. The Mu points are the Alarm points of the meridian and tenderness of these points denotes a disorder of the organ and its energy.
Po (P'o):	The Animal Spirit or Soul, housed in the Lung.
Qi (Ch'i):	Energy.

Ren Mai (Jen):	Conception Vessel. One of the Eight Extra Channels. Like Du Mai, it has its own acupuncture points along its pathway.
Shen:	The 'Divine Soul' housed in the Heart.
Shou:	Hand or arm, e.g. Shou Shao Yin means Hand Lesser Yin or Heart Channel.
Shu:	'Transporting'. Shu point is the collective term for the Five Welling, Stream or Antique points, which are the Cheng, Yong, Shu, Jing, and He points. See under individual names.
Shu point:	Transporting or Stream point.
Shu point (Yu):	Associated Effect points on the Bladder Channel.
Tai:	'Greater'. Tai Yin is the Greater Yin division of Spleen and Lung. Tai Yang is the Greater Yang division of Bladder and Small Intestine.
Wei Qi:	Protective Energy.
Xi-Cleft point (Hsi):	Accumulation point.
Yang:	Light, active, warm, expanding etc. In this text the action of energy is based on classical Chinese concepts rather than the newer, less universal Japanese concepts of Yin and Yang.
Yang Qiao Mai: (Yang Ch'iao)	Yang motility Vessel. One of the Eight Extra Channels.
Yang Wei Mai:	Yang Protecting Vessel. One of the Eight Extra Channels.
Yi (I):	Ideas (memory), housed in the Spleen.
Yin:	Dark, passive, cool, contracting etc. In this text the action of energy is based on classical Chinese concepts rather than the newer, less universal Japanese concepts of Yin and Yang.
Yin Qiao Mai (Yin Ch'iao):	Yin Motility Vessel. One of the Eight Extra Channels.
Yin Wei Mai:	Yin Protecting Vessel. One of the Eight Extra Channels.
Ying Qi:	Nourishing Qi.
Yong point (Yung):	Spring or Stream point.
Yuan (Yuen):	Ancestral, Original or Source. Yuan Qi is Ancestral energy. A Yuan point is a Source point that draws on Yuan Qi.
Zang (Tsang):	Solid organ. The Yin organs.
Zhen Qi (Chen):	Channel Qi or real energy.
Zing (Ching or Tsing):	Alternative, ancient pronunciation of Jing. Used to denote sexual Qi to avoid confusion with Jing Qi.
Zu (Cu):	Foot or leg. E.g. Zu Shao Yin means Foot Lesser Yin or Kidney Channel.

ADDITIONAL CHANNELS OF THE JING LUO

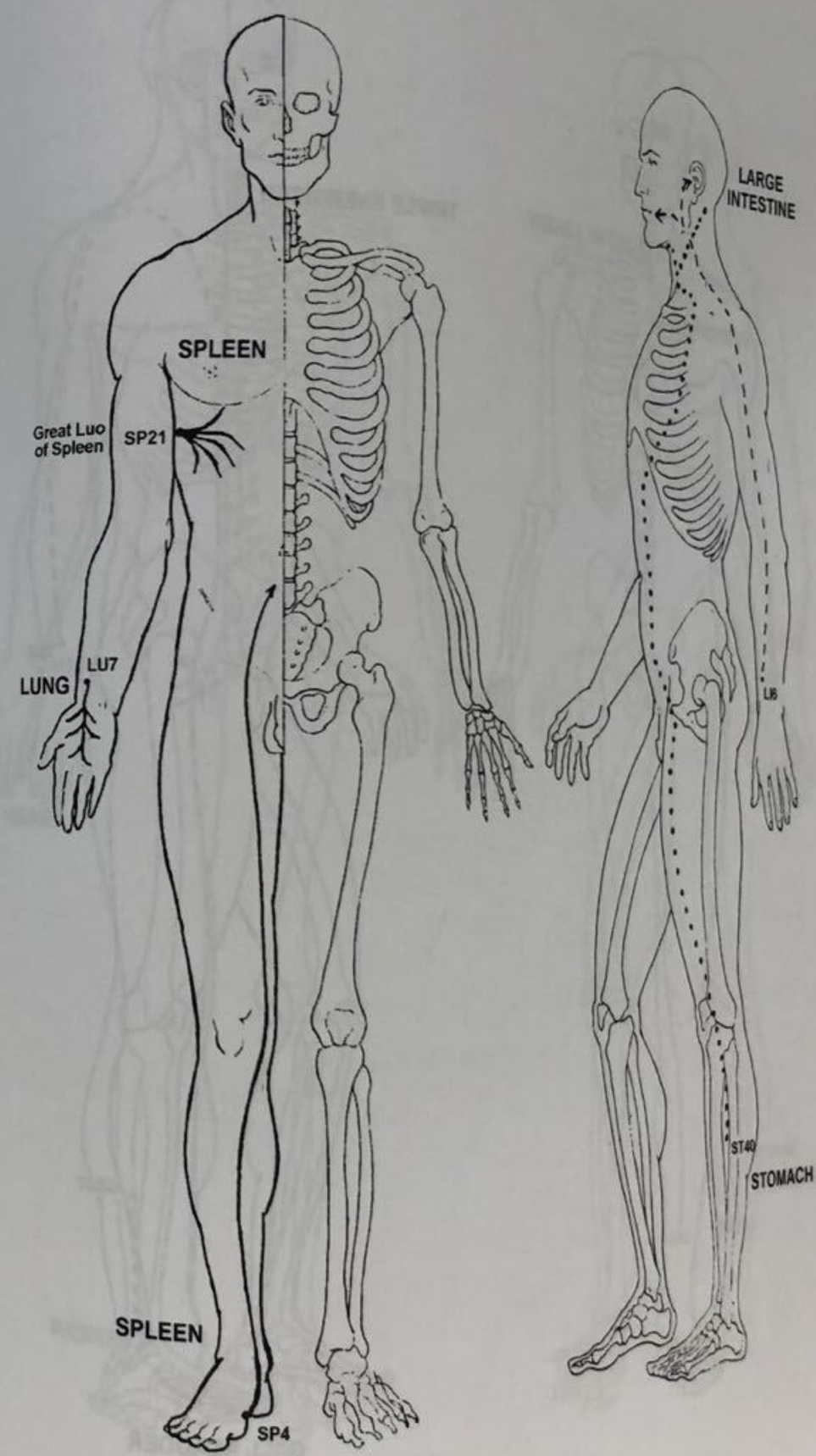
THE LUO MAI

The luo main (connecting channels) connect the interior with the exterior by linking the qi of the yin and yang channels. There are three types of luo mai:

Transverse luo: the connecting channels
Longtitudinal luo: channels that flow through areas of the body extending the influence of the main surface channels
Fine luo: branches that feed the tissues and nourish the flesh

With the circulation of qi through the Six Divisions there is an additional connection of upper and lower qi, as well as inner and outer. The points that control the luo mai are therefore major points for balancing the qi of the body – specifically they are said to remove excess qi from overactive organs. The luo mai and their activation points are shown here in the Six Divisional order.

Channel	Luo Point	Indications of the Luo Mai
Lung	LU7	Excess: Lower radious and palms hot. Defiency: Coughing, yawning with mouth very wide open, constant desire to urinate.
Large Intestine	LI6	Excess: Dental caries, deafness. Deficiency: Teeth cold, area of the diaphragm feels blocked
Stomach	ST40	Excess: Sudden loss of speech, insanity, psychosis Deficiency: Feet flaccid and weak, flesh and skin on the shins withered.
Spleen	SP4	Excess: Sharp pain in the intestines that is fixed at a specific point. Deficiency: Ascites, timpanites and swellings.
Heart	HT5	Excess: Chest and diaphragm area feels as though they are bearing a heavy weight and are uncomfortable. Deficiency: Inabilty to speak.
Small Intestine	SI7	Excess: Bones and joints are flaccid and weak, the elbow joint cannot move, paralysis. Deficiency: Nodules between the fingers, scabs (scabies) that itch.
Bladder	BL58	Excess: Clear nasal discharge, blocked nose, cold nose, pain in the cervical spine. Deficiency: Clear nasal discharge, epistaxis.
Kidney	KI4	Excess: Feeling of depression in the region of the heart, consitipation, Deficiency: Pain at the waist (sore loins).
Pericardium	PC6	Excess: Painful heart, vexation. Deficiency: Stiffness and inability to turn the head.
Triple Energiser	TE5	Excess: Restriction of movement of the elbow joint. Deficiency: Elbow joint weak, overextends.
Gall Bladder	GB37	Excess: Cold extremities, Deficiency: Legs weak, inability to walk, difficulty in rising after sitting down.
Liver	LR	Excess: Excessive erections, swelling of the testicles. Deficiency: Genitals itch violently.
Great Luo of Spleen	SP21	Excess: Pain over the entire body. Deficiency: Extreme weakness of the joints
Ren Mai	CV15	Excess: Painful abdominal skin. Deficiency: Itchy abdominal skin
Du Mai	DU1	Excess: Stiff neck. Deficiency: Heavy feeling in the head.



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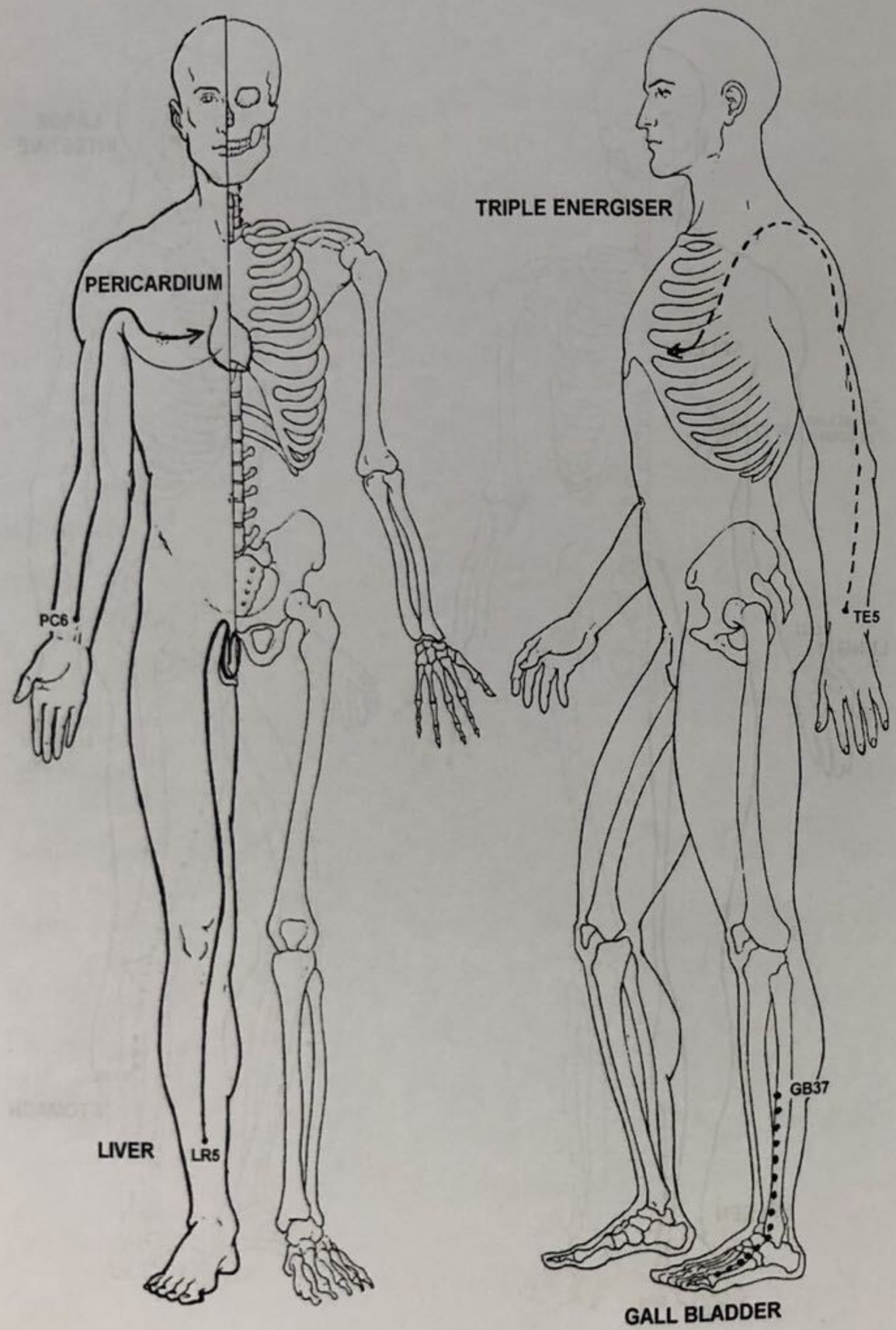

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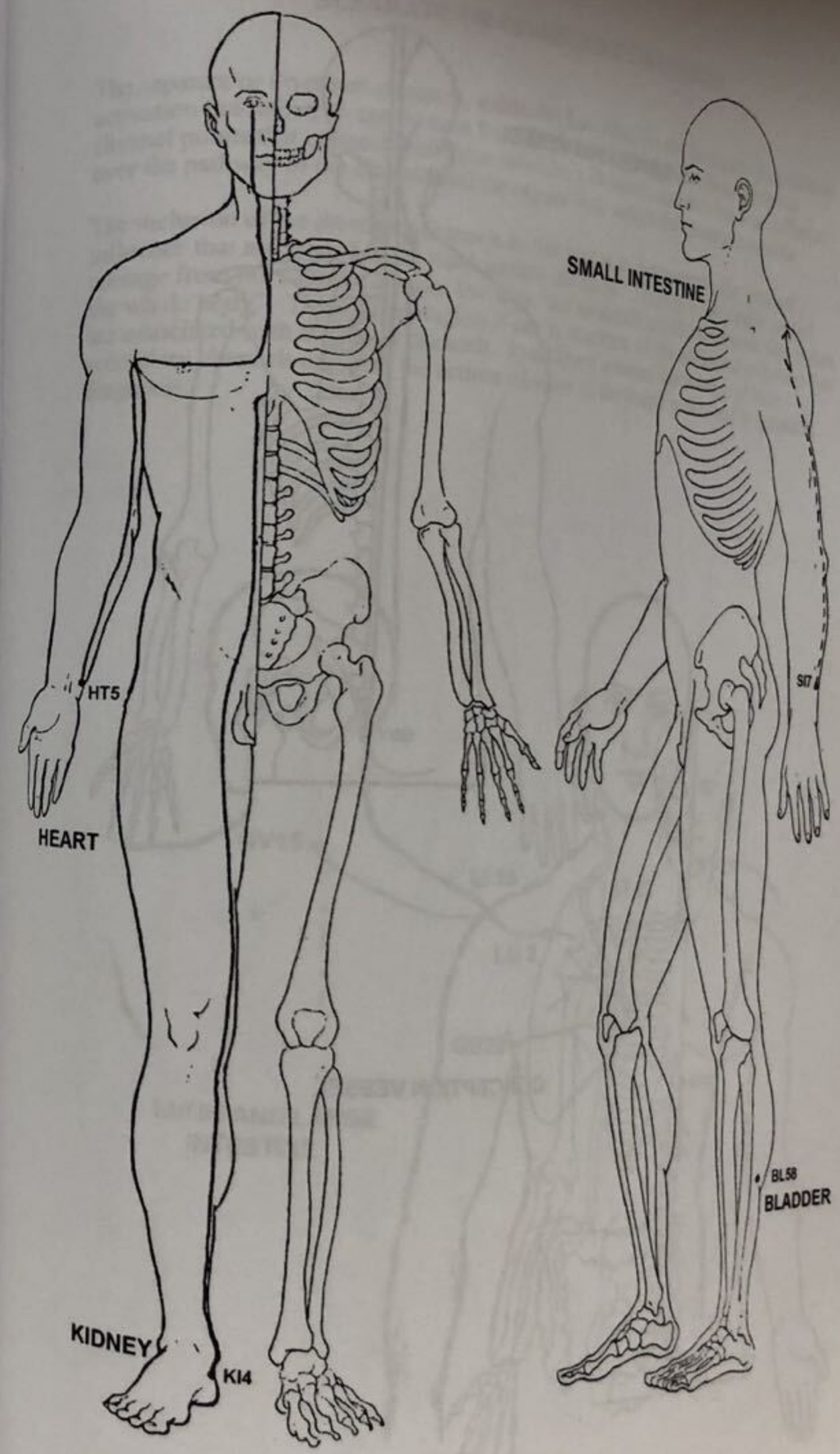

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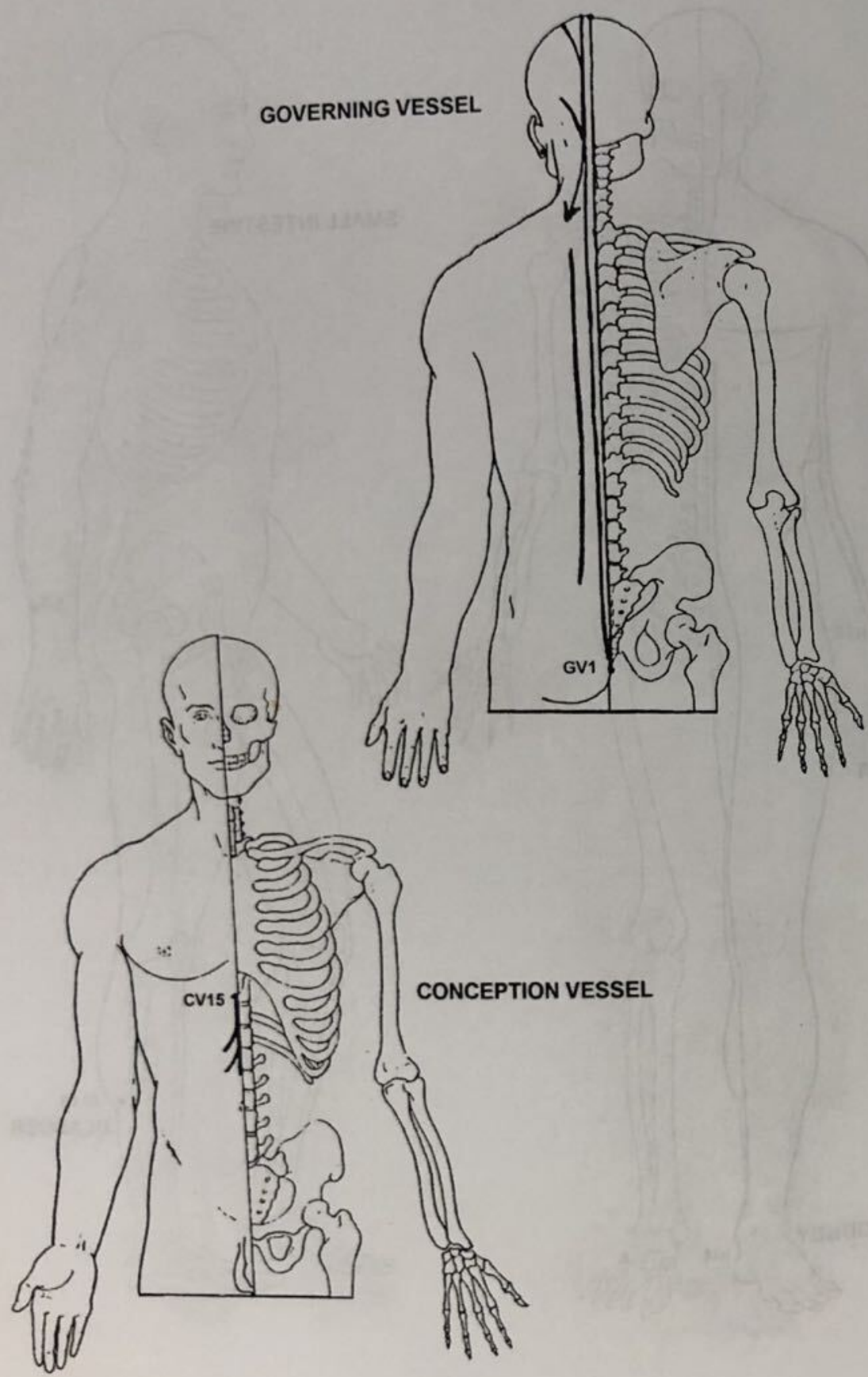

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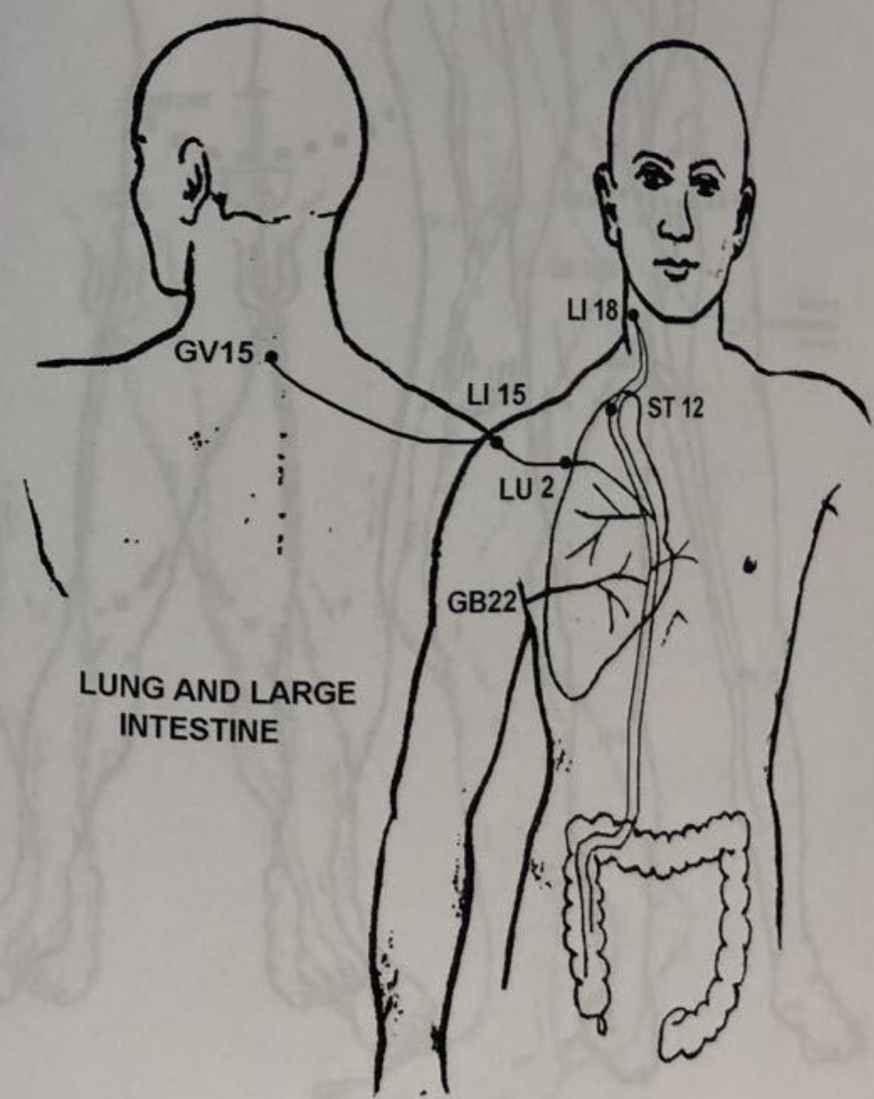
SEPARATE OR DIVERGENT CHANNELS

The separate or divergent channels, unlike the Luo Mai, do not have specific points of activation but rather, as can be seen from the following diagrams, there are main channel points that connect with these subsidiary channels and they have an influence over the pathway of the channel and the organs with which the channel connects.

The inclusion of the divergent channels in this text is to demonstrate the areas of influence that are related to the main surface channels. There is a frequently quoted passage from the Chinese classics that says "the channels are like a network that covers the whole body". This is meaningless if one is unaware of the additional pathways that are associated with the major channels. In addition a sound knowledge of these secondary channels explains the actions of some of the major points and is helpful in diagnosis.



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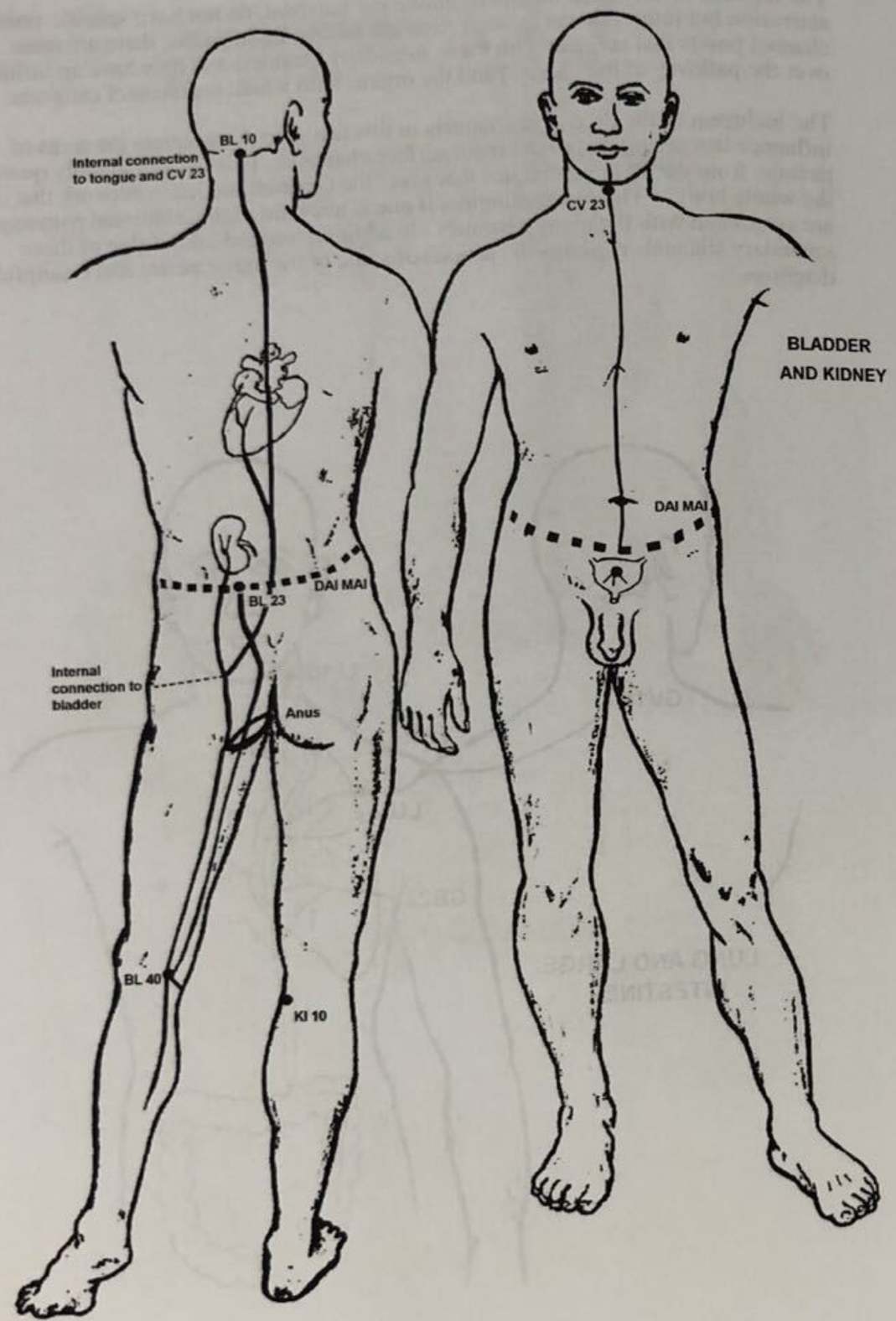
DIVERGENT CHANNELS



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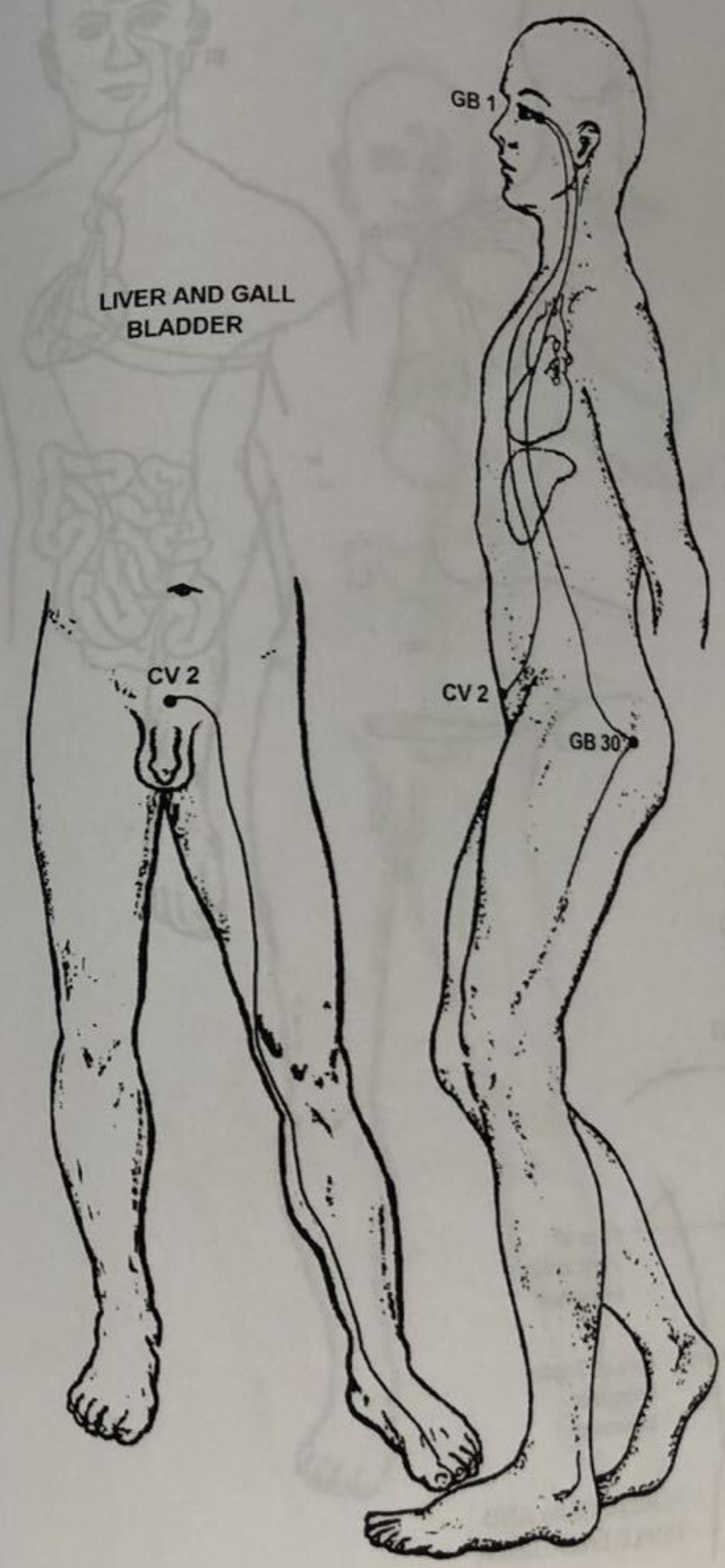
DIVERGENT CHANNELS



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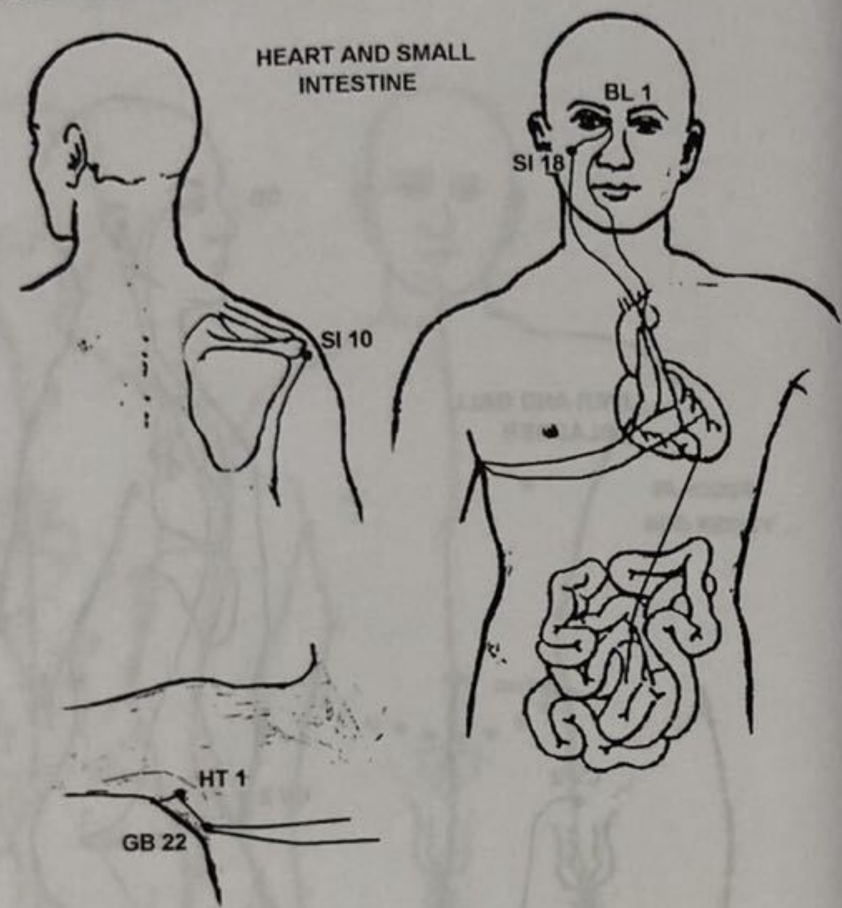

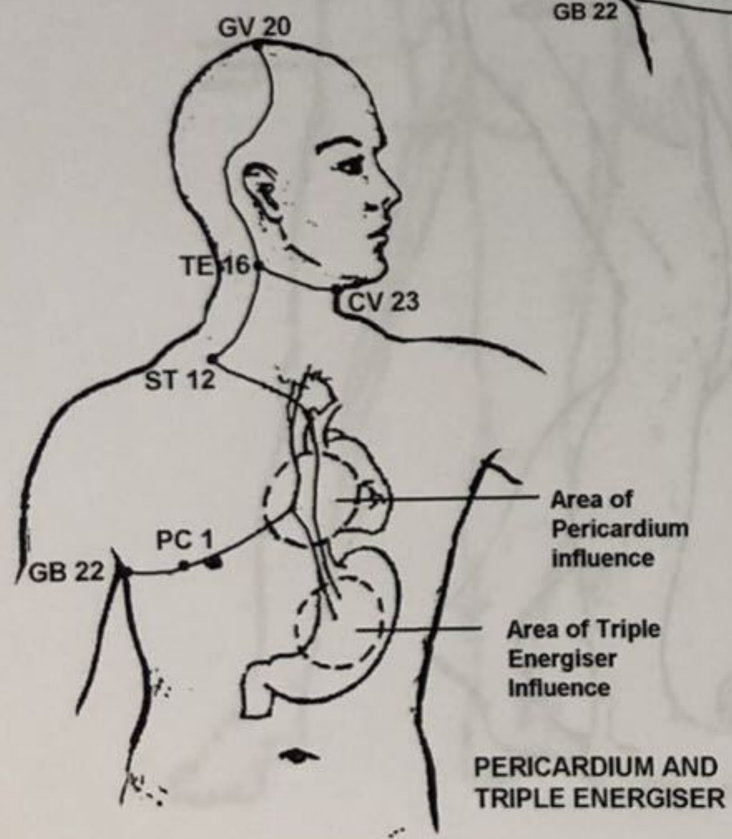

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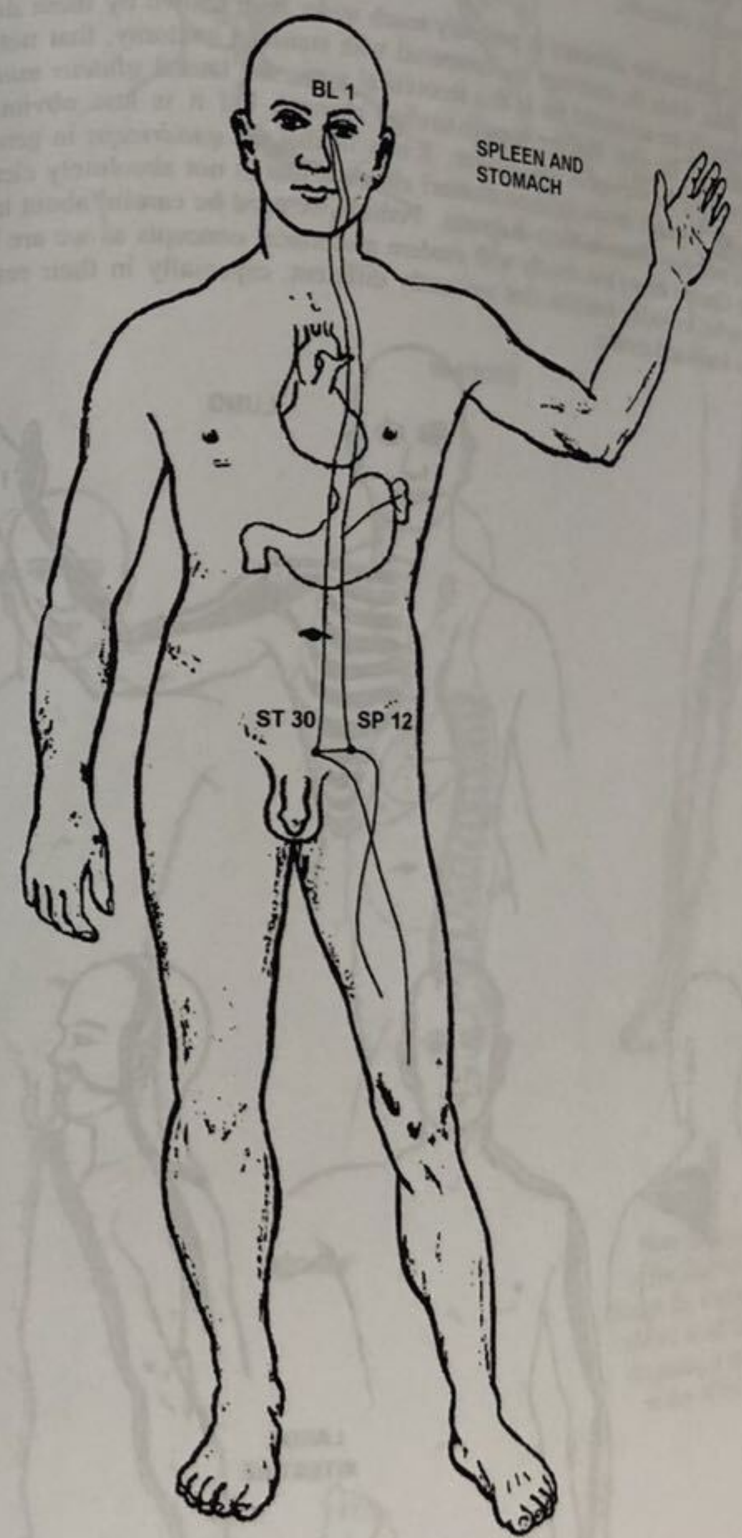
DIVERGENT CHANNELS



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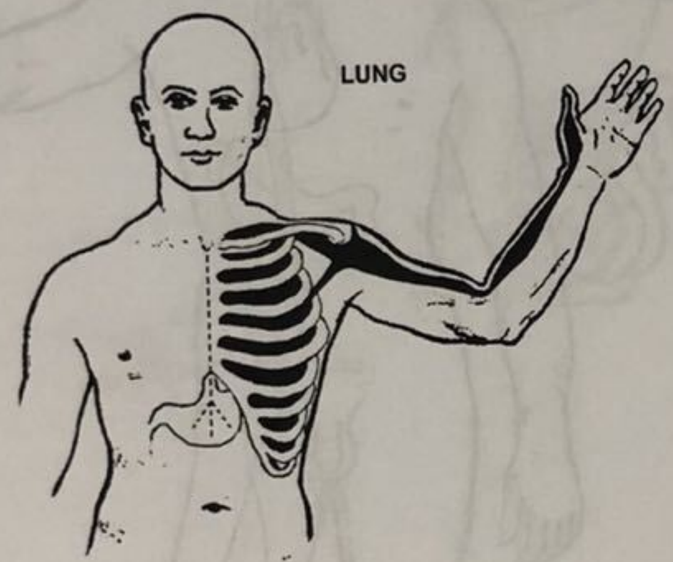
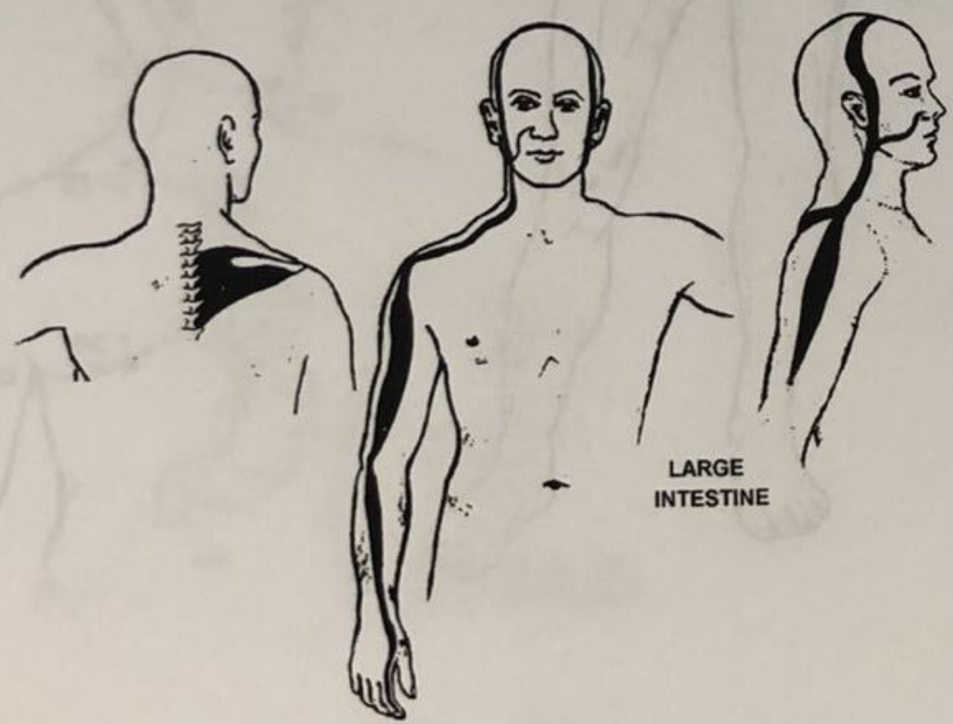
MUSCLE-TENDINO CHANNELS

The muscle-tendino channels, like the divergent channels, do not have specific points that activate them. Once again we are looking at an area of influence that is related to the functions of the major surface channels.

The area of muscle-tendino influence is probably much wider than shown by these diagrams because it is clear, when the drawings are compared with standard anatomy, that not all the muscles of the body are accounted for in this theoretical view; the lateral *gluteus minimus* is obviously related to the Gall Bladder muscle-tendino channel, but it is less obvious what connections there are for the *vastus intermedius*. It may be that the *quadriceps* in general are controlled by the Stomach muscle-tendino channel although that is not absolutely clear from the traditional pathways shown in these diagrams. Perhaps we need be careful about trying to relate ancient Chinese theory too closely with modern anatomical concepts as we are looking at two approaches to bodily function that are vastly different; especially in their respective approaches to health and disease.





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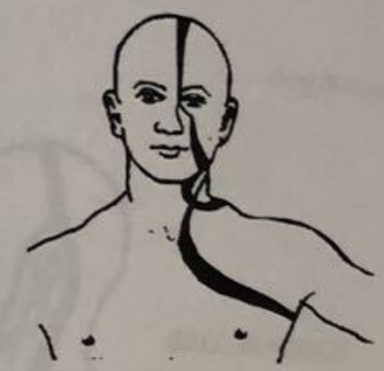
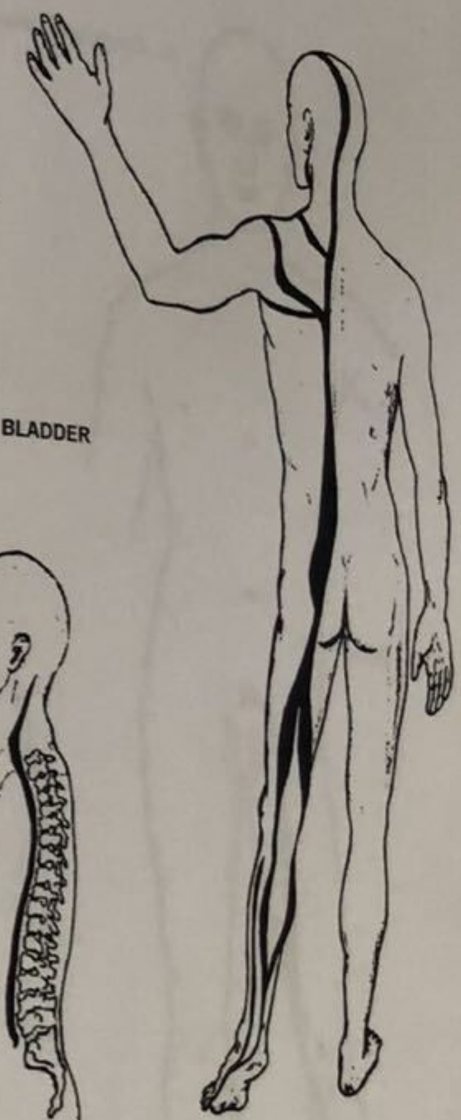
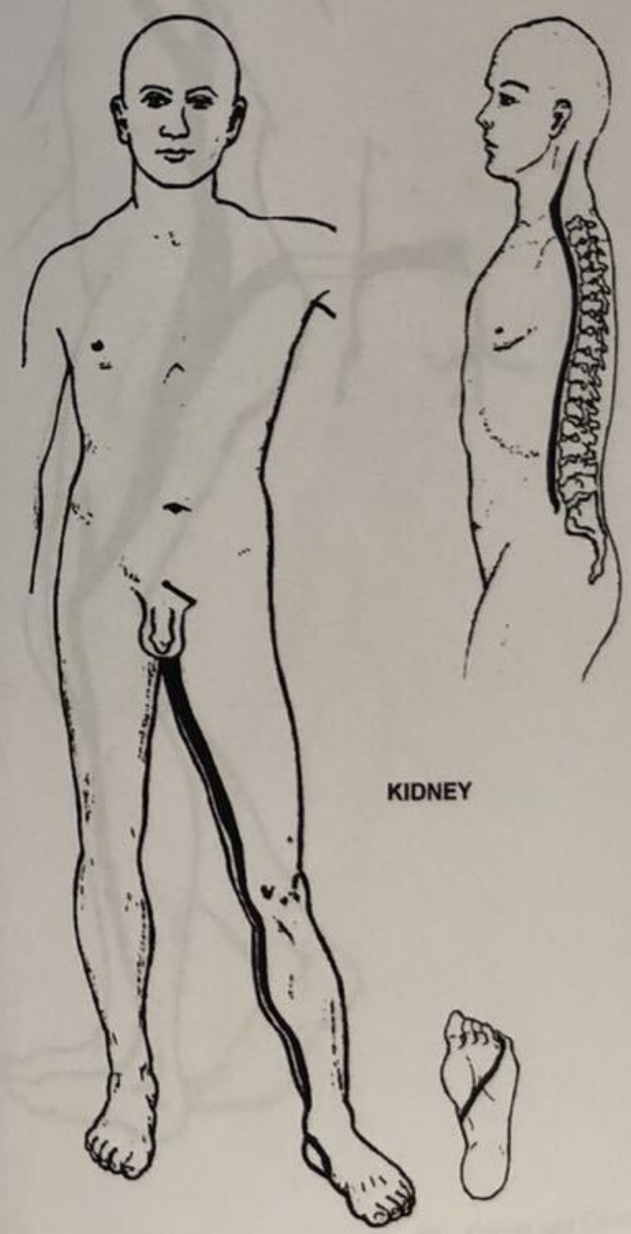
MUSCLE-TENDINO CHANNELS







Note: the central pathway of the Bladder channel that crosses the scapular, although shown on all the traditional diagrams, is not mentioned in any of the major texts.

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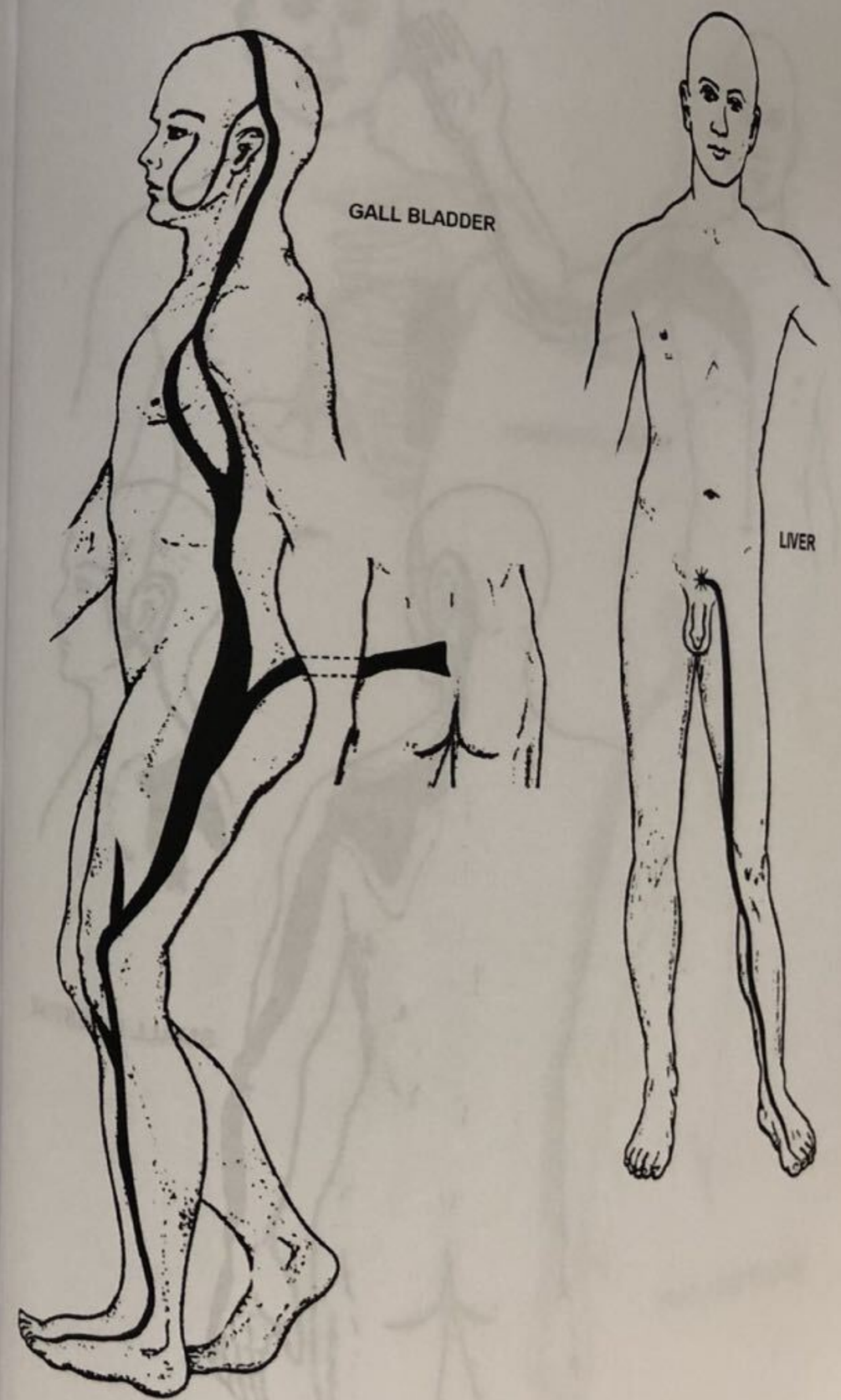
MUSCLE-TENDINO CHANNELS



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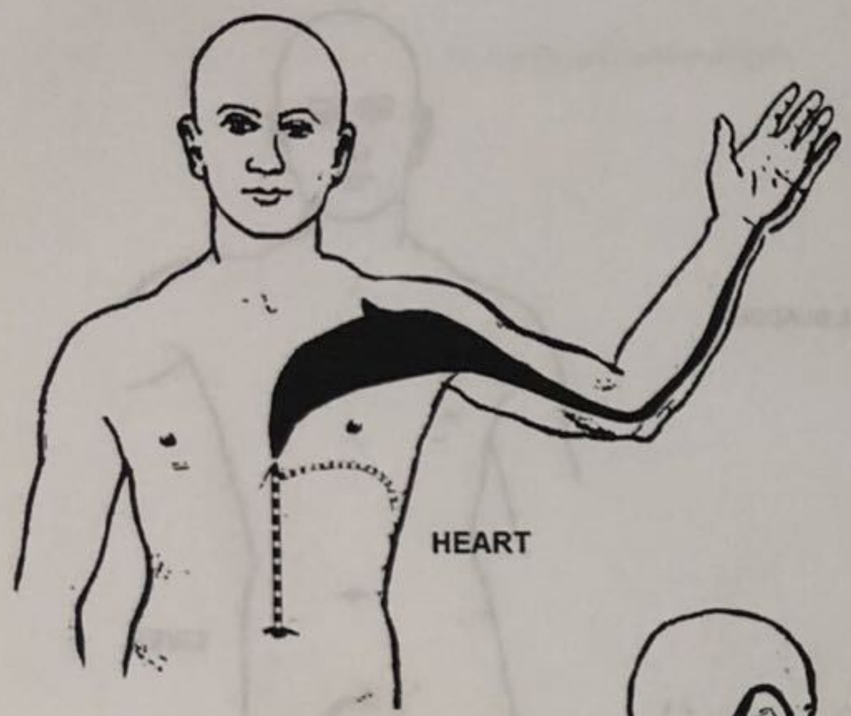
MUSCLE-TENDINO CHANNELS



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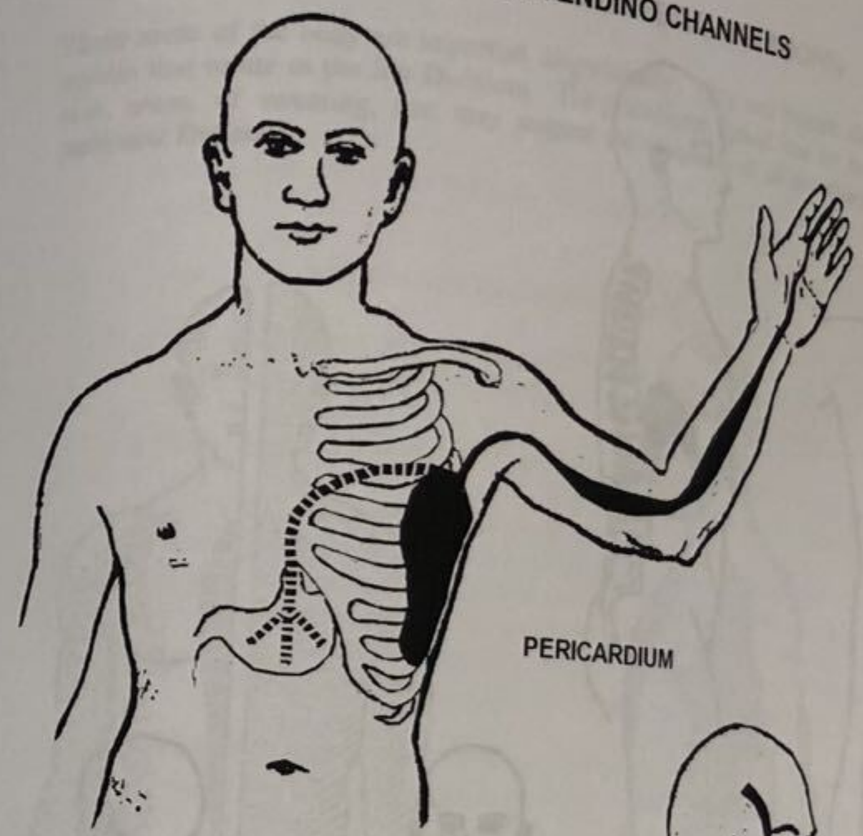
MUSCLE-TENDINO CHANNELS



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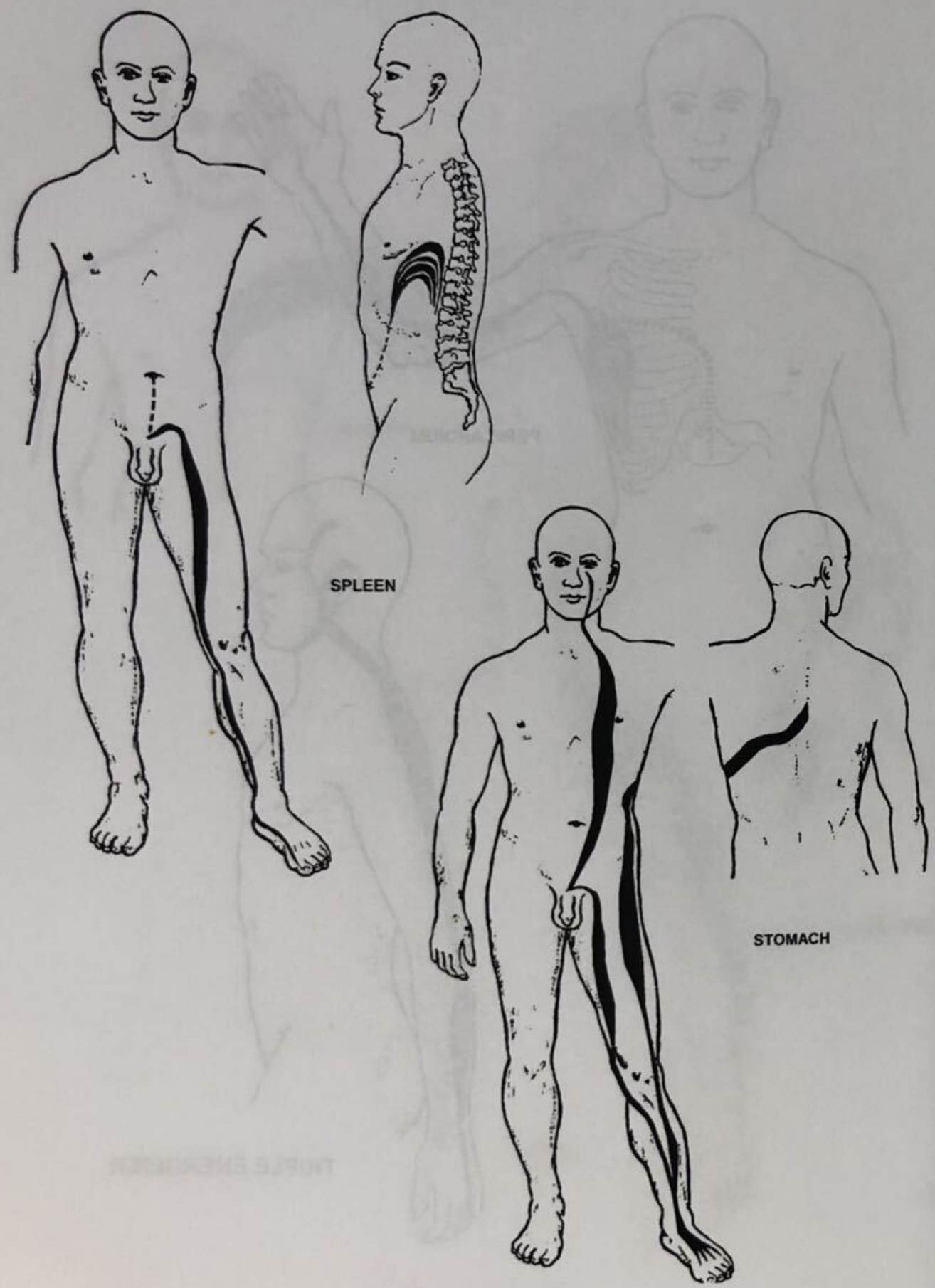
MUSCLE-TENDINO CHANNELS



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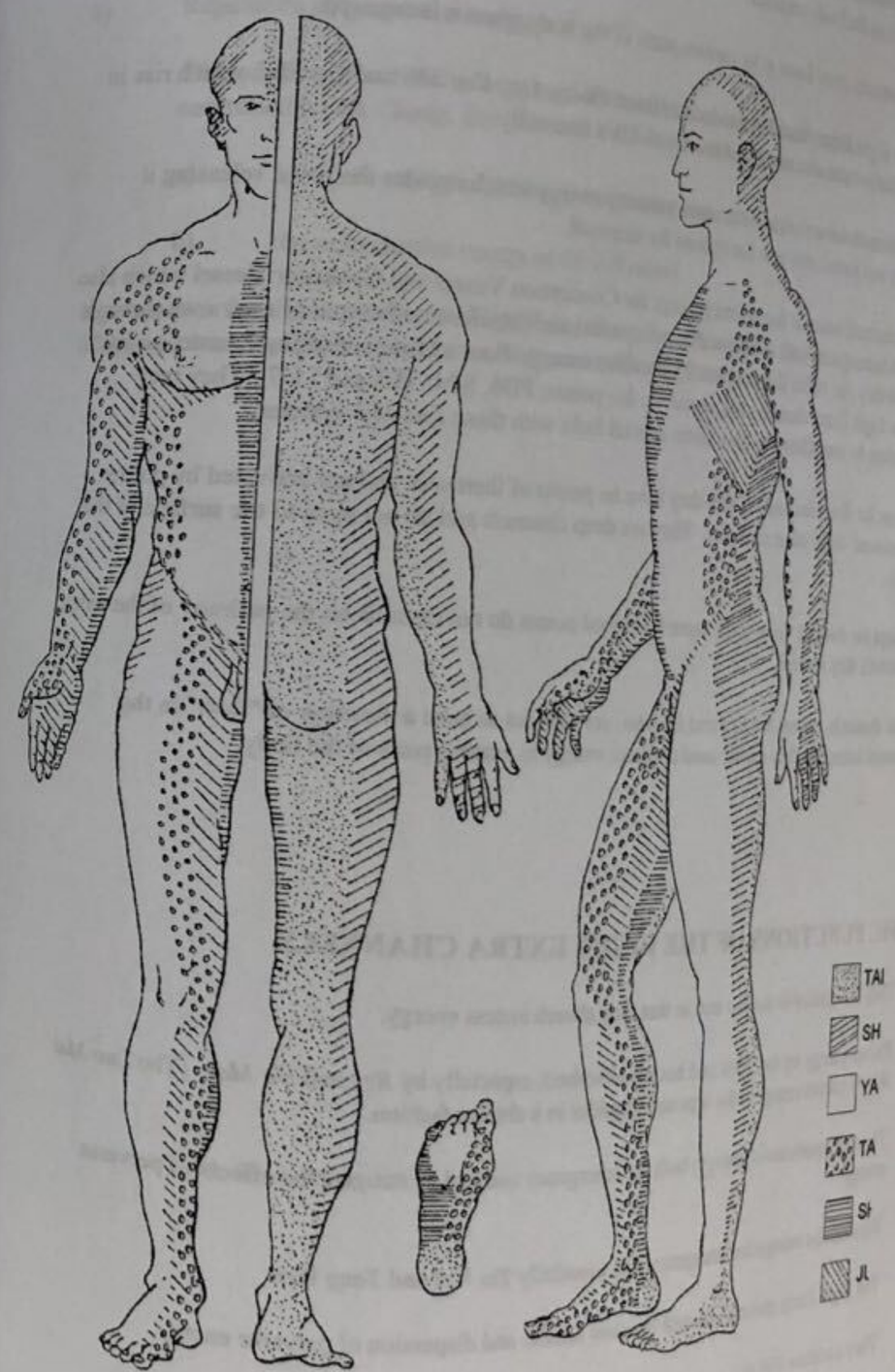
CUTANEOUS REGIONS (SKIN SECTIONS)

These areas of the body are important diagnostically. They can indicate disharmonies of the system that relate to the Six Divisions. The practitioner should look for rashes, areas of dry skin, areas, of sweating, that may suggest the involvement of the channels related to a particular Division.



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THE EIGHT EXTRA CHANNELS

GENERAL INFORMATION

1) These channels act as lakes or reservoirs of qi. Energy can be fed into or taken out of the channels as the body requires.

2) The channels carry *Yuan qi* to various parts of the body when it is required.

3) All the Eight Extra channels are derived from *Chong Mai, Ren Mai* and *Du Mai*, which rise in the Kidneys. An area said to be level with CV4 internally.

4) The channels have the ability to store perverse energy which invades the body; releasing it slowly and harmlessly into the system for disposal.

5) The channels have no *luo* points (except for Conception Vessel and Governor Vessel which also play a linking role with the main channel system) and therefore no l*uo mai* of their own through which they can suffer direct attack by perverse energy. Four of the controlling "master points" of the Eight Extra channels are, however, *luo* points; PD6, SP4, TE5 and LU7. They may therefore be considered to have some special links with these *Luo Mai* systems.

6) Except for *Ren Mai* and *Du Mai* they have no points of their own and are activated by points "borrowed" from other channels. They are deep channels and do not open to the surface of the body.

7) Except for *Yin* and *Yang Qiao*, these borrowed points do not even lie on the pathway of the extra channels they control.

8) The channels, except for *Ren* and *Du Mai*, are said not to have a direction of "flow" in the normal sense but they can be used to direct energy to various parts of the body.

SPECIFIC FUNCTIONS OF THE EIGHT EXTRA CHANNELS

1) They are similar to the *luo mai* in that they absorb excess energy.

   Excess energy on the trunk and back is absorbed; especially by *Ren* and *Du Mai*. (The *Luo Mai* absorb excess energy at the hips and shoulder in a similar fashion.)

2) They are reservoirs of energy; both for emergency use and to mitigate the effects of perverse energy.

   They release energy for emergency use; especially *Yin Wei* and *Yang Wei*.

   The Eight Extra channels control the slow release and dispersion of perverse energy.

3) They circulate *Wei qi*.

   Chong, Du and *Ren Mai* in particular perform this function and play a major role in protecting the abdomen, thorax and back.

4) Regulation of the life cycles.

   They regulate the 7 and 8 year cycles of growth and change in women and men. *Chong* and *Ren Mai* in particular are active in this area of control.

5) Circulation *Yuan* and *Jing qi*.

   The *Yuan qi* and the *Jing qi* (spare *zhen qi*) are taken from the Kidneys to all parts of the body and to the five extra *fu*; brain and spinal cord; Gall Bladder; bone marrow; uterus and arterial system.

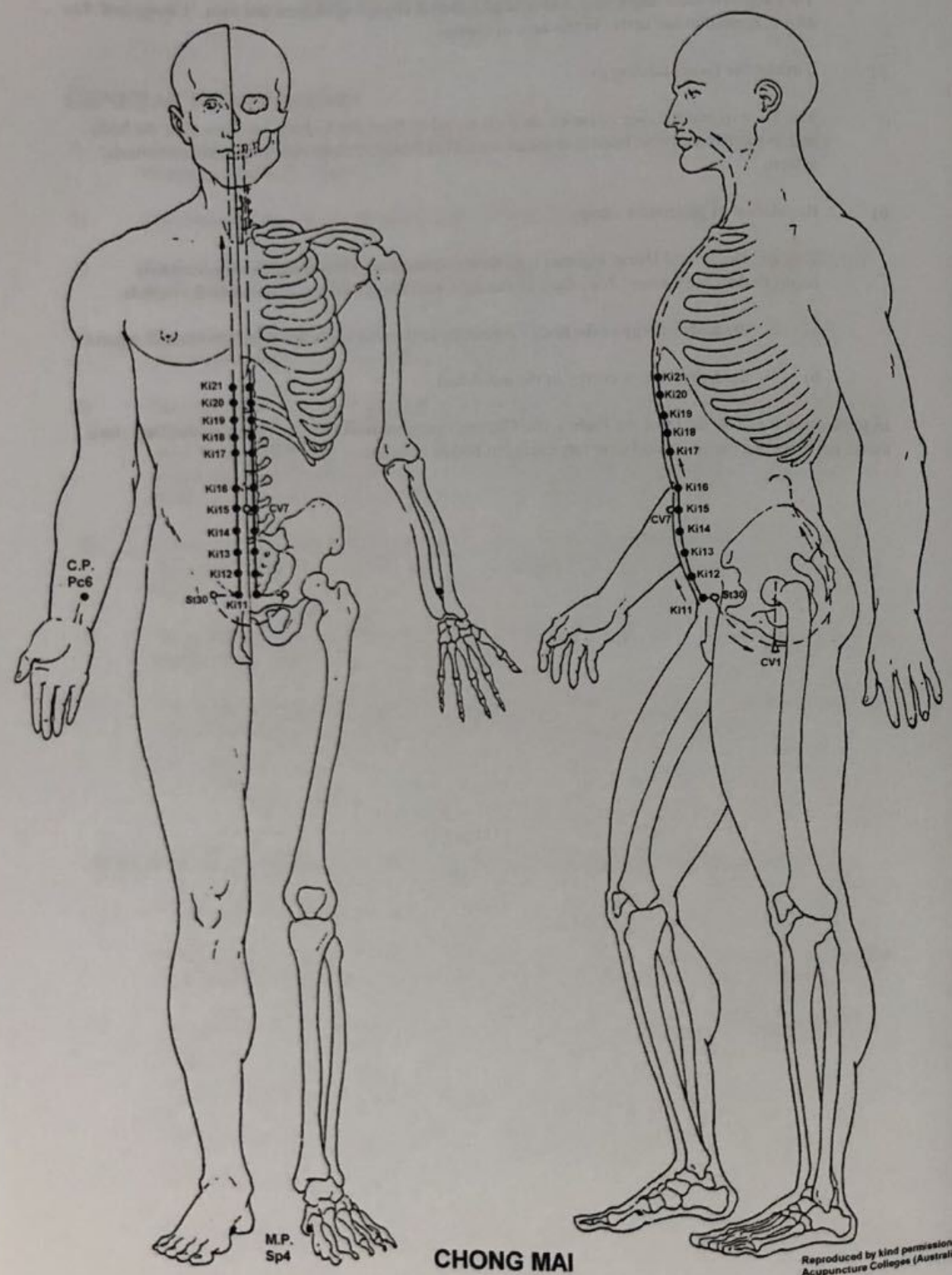
6) Regulation of generative energy.

   Ying qi, Jing qi and *Wei qi* together with their relationship to blood and fluids is centrally controlled by the *Chong, Ren* . *Du* and *Dai Mai*; providing a central system which controls:

   a) the basic energy of the body - especially in the area of the trunk and its internal organs.

   b) the reproductive energy of the individual.

In summation it can be said that the Eight Extra Channels are almost like the yin organs in that they store things and exercise major control over large areas of bodily function.



CHONG MAI

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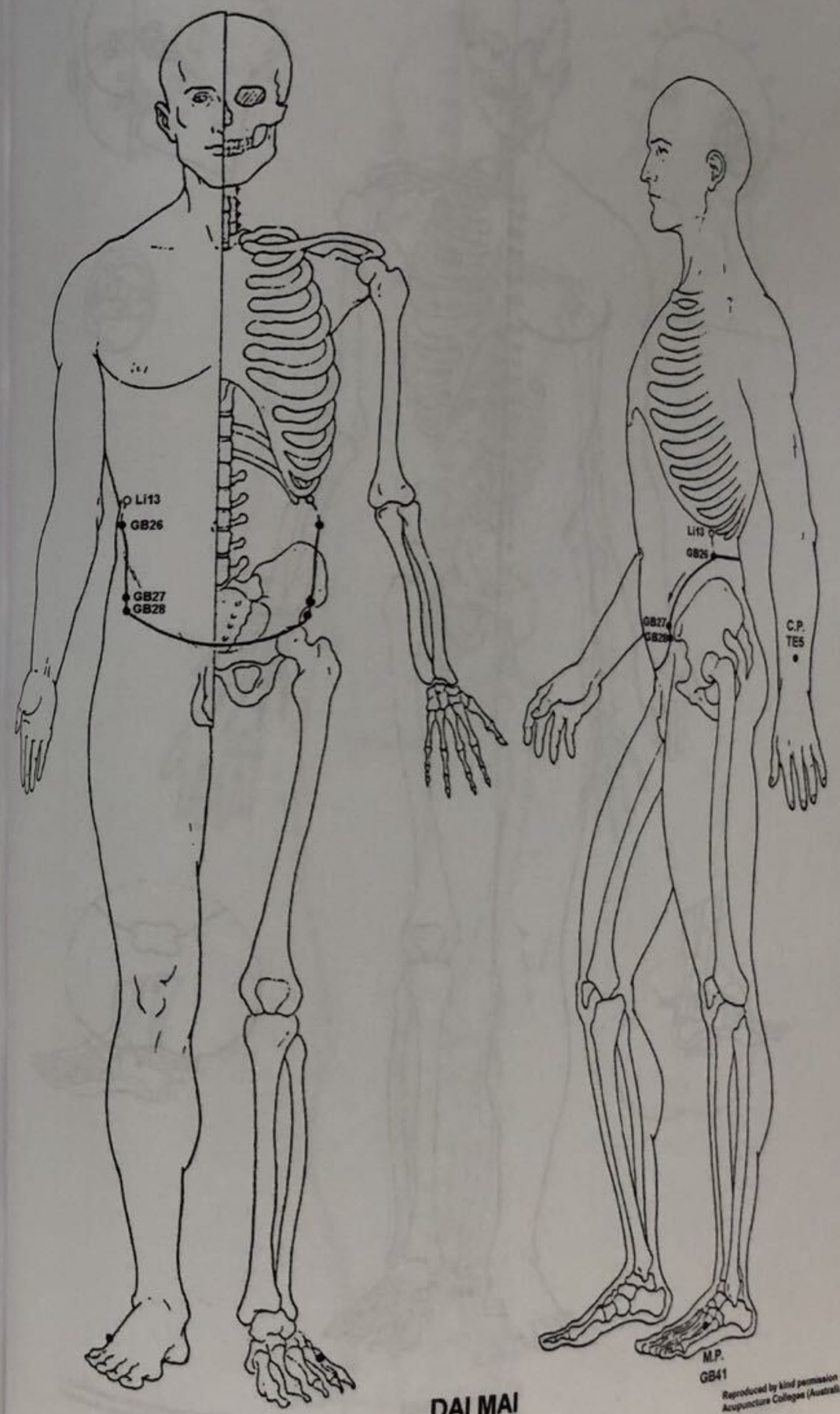

DAI MAI

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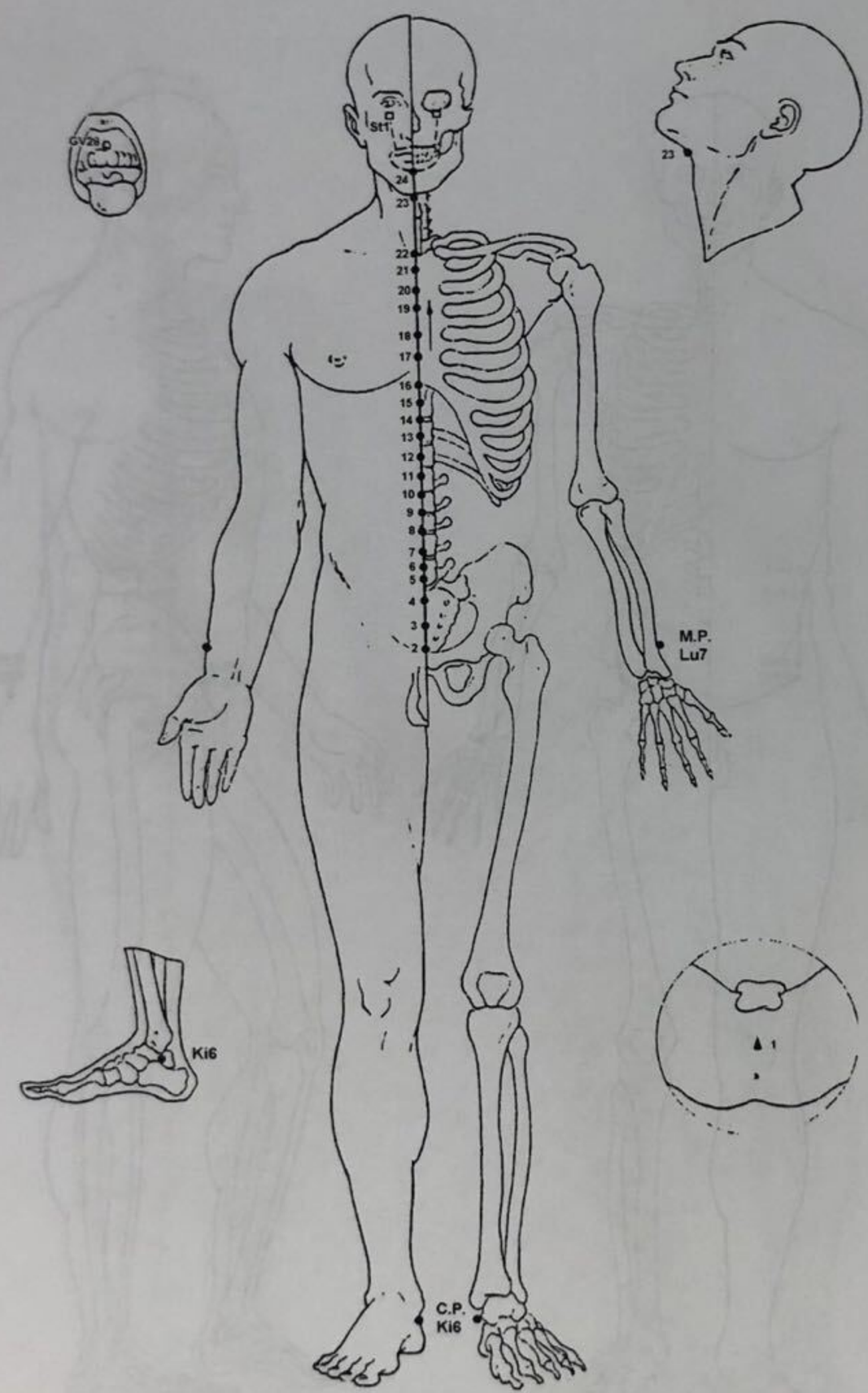

REN MAI

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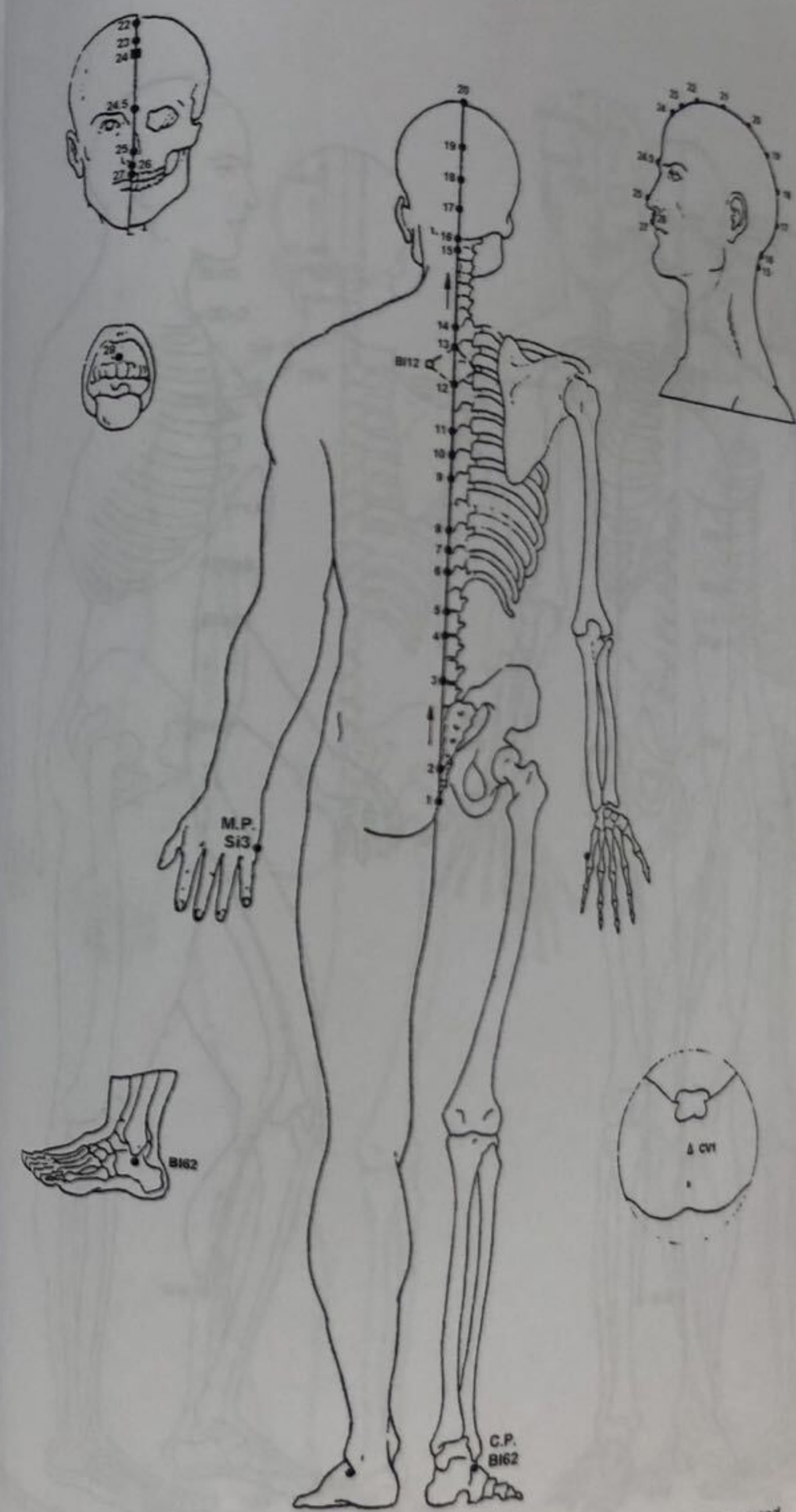

DU MAI

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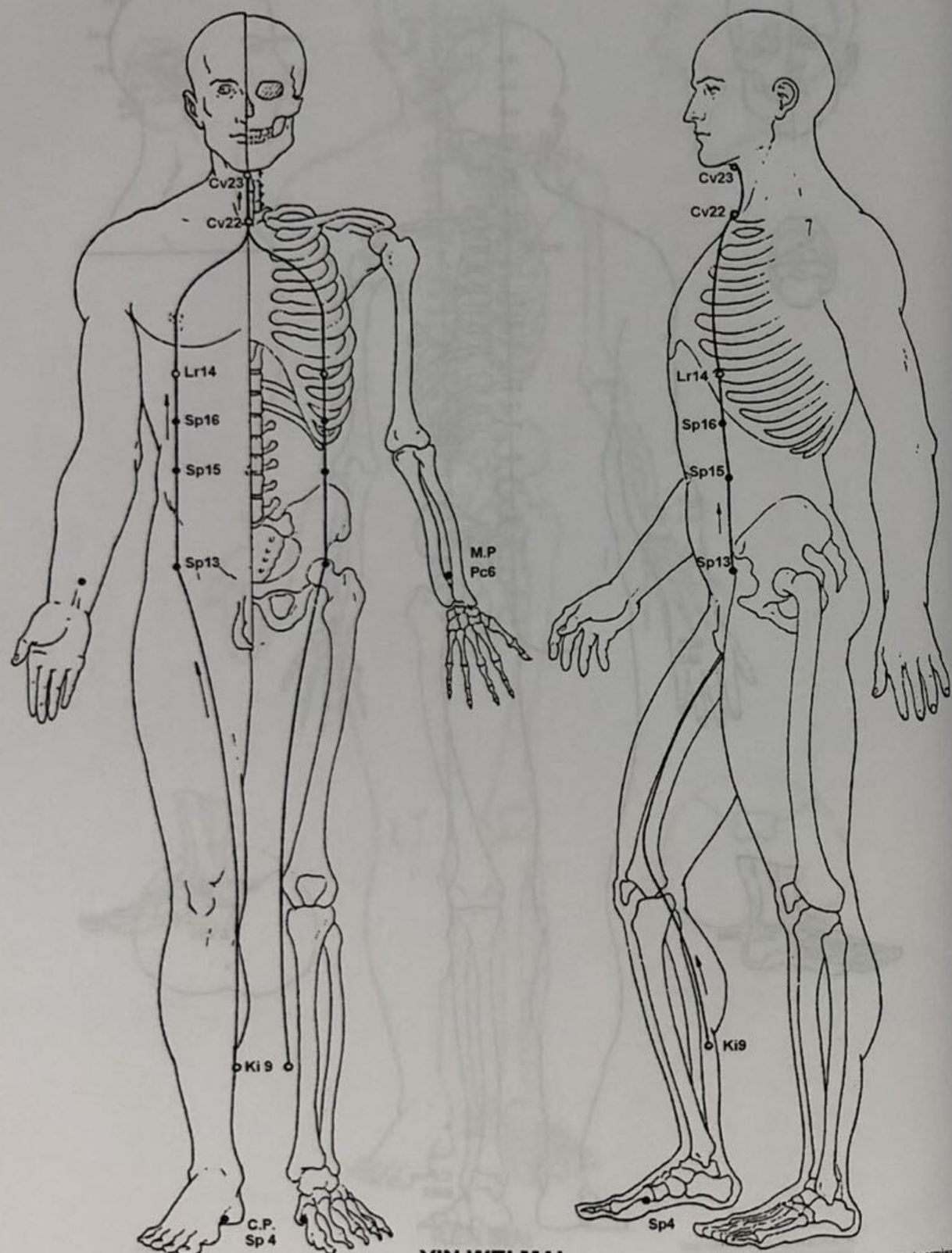

YIN WEI MAI

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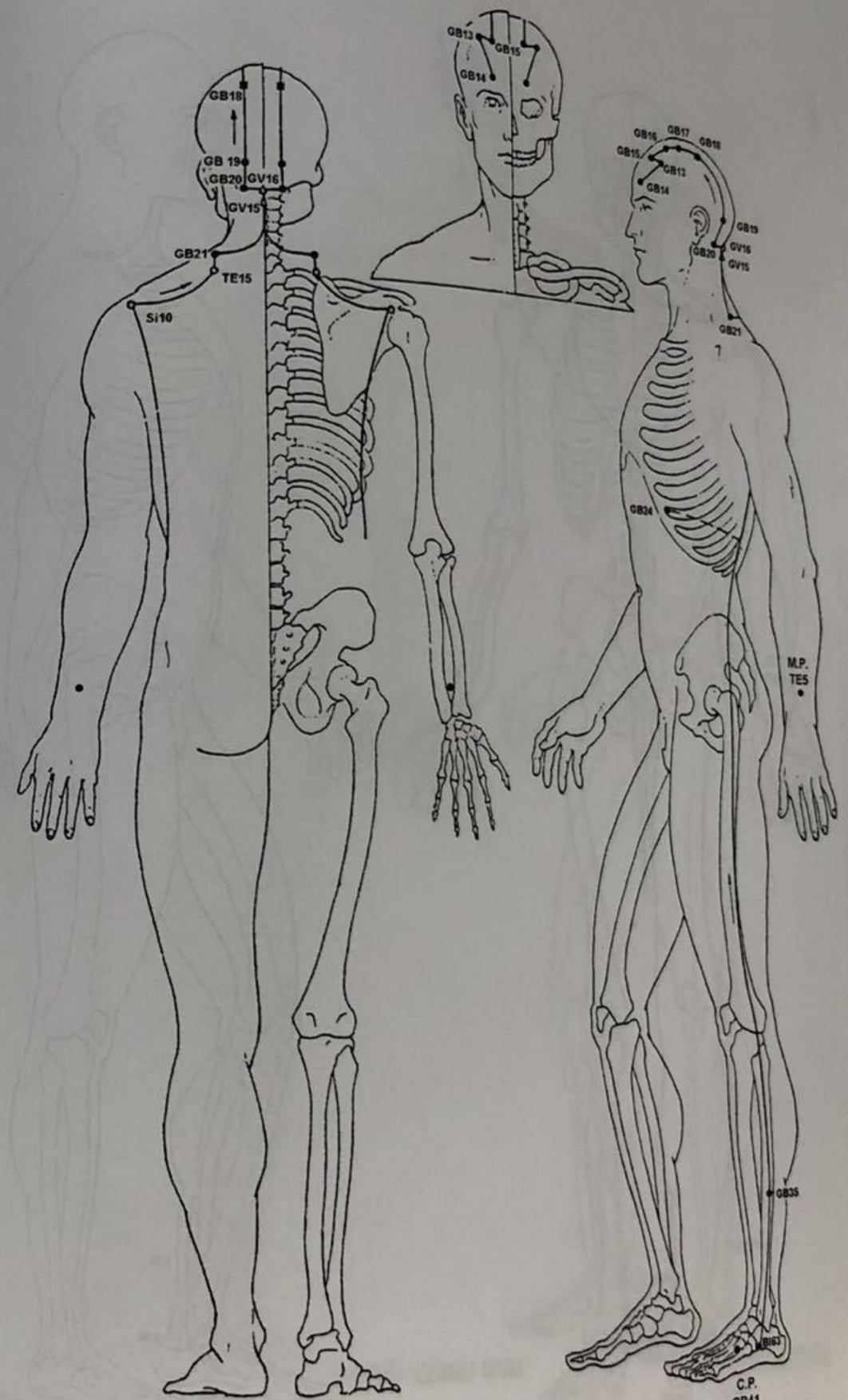

YANG WEI MAI

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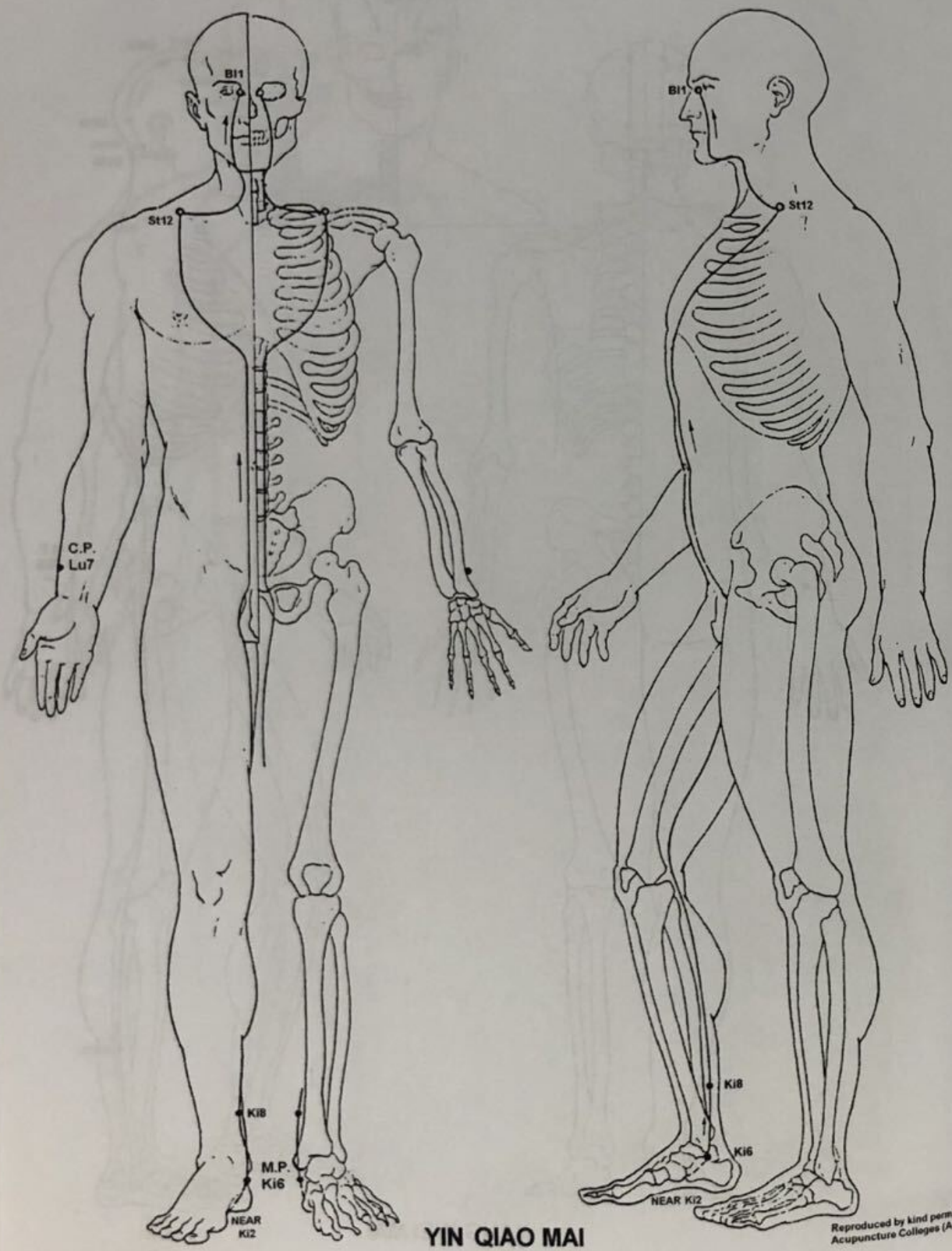

YIN QIAO MAI

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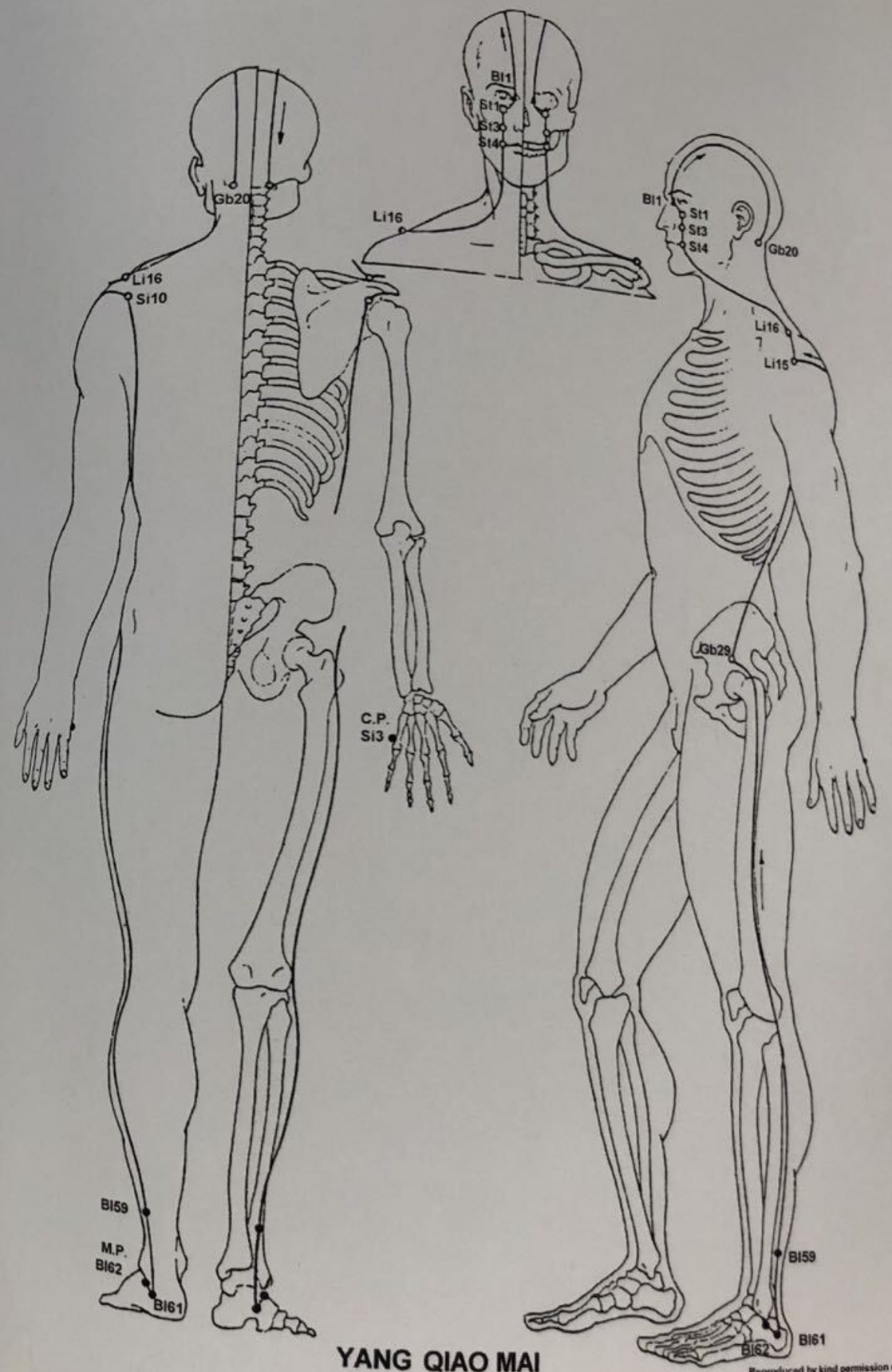

YANG QIAO MAI

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